



S.M.A.R.T.E.R.
Goal Setting Strategies
with
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S.M.A.R.T.E.R. Goal Setting Worksheet

SMARTER goals take SMART goals 2 steps further. This acronym helps you make your goals easier to tackle. See our blog post for more understanding of this method of goal setting: www.inspiredinfluencers.com/smarter-goals

| SMART Criteria | Goal |
|--|------|
| Specific Significant Stretching <ul style="list-style-type: none"> - What? Why? - When? Where? | |
| Measurable Meaningful Motivational <ul style="list-style-type: none"> - How will you measure your success? | |
| Action-Oriented Attainable Achievable <ul style="list-style-type: none"> - What will you do? - Are there specific tasks to do? | |
| Realistic Relevant Reasonable <ul style="list-style-type: none"> - Do you have the skill? - Do you have the resources? - Do you have the time? | |
| Time-Based Timely Tangible <ul style="list-style-type: none"> - When will this be done? - Deadlines? | |
| Evaluate Ethical <ul style="list-style-type: none"> - When will this be done? - Deadlines? | |
| Results Oriented Rewarding Readjust <ul style="list-style-type: none"> - When will this be done? - Deadlines? | |

Now, break your goal(s) into achievable tasks over the next week. Be prepared to report back next time about your goal, if you achieved it, what stumbling blocks you encountered.

| Day/Week | Goal |
|---------------------------------|------------------|
| Monday Or Day #1 TASKS: | |
| Tuesday Or Day #2 TASKS: | |
| Wednesday Or Day #3 TASKS: | |
| Thursday Or Day #4 TASKS: | |
| Friday Or Day #5 TASKS: | |

Worksheet

Use this worksheet to brainstorm and clarify at least one major goal for the year.

| | Your Answers |
|--|--|
| 1. What is the one big goal I want to achieve for my business this year? | <p>I want to</p> <p>Date I wish to achieve this by: __/__/20__</p> |
| 2. What would I love to do more of in my business this year? (What energizes me and makes work feel like fun?) | <p>I would really like to...</p> <p>I love...</p> |
| 3. Which part of my business would I like to get rid of? | |
| 4. Will getting rid of this get me closer to my goal? | |

| | |
|---|---|
| <p>5. What would I like to add to my business this year?</p> | <ul style="list-style-type: none"> <input type="checkbox"/> My own eBook on Kindle <input type="checkbox"/> An affiliate program <input type="checkbox"/> Products for sale <input type="checkbox"/> Service packages <input type="checkbox"/> Webinars <input type="checkbox"/> Videos <input type="checkbox"/> Podcasts <input type="checkbox"/> A membership site <input type="checkbox"/> An event <input type="checkbox"/> Mentoring or coaching <input type="checkbox"/> An intern <input type="checkbox"/> VIP options <input type="checkbox"/> Other _____ |
| <p>6. What changes did I make last year that proved beneficial to my business?</p> <p>What one change could I make right now that will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Save me time <input type="checkbox"/> Reduce stress <input type="checkbox"/> Move me closer to my big goal <input type="checkbox"/> Increase visibility <input type="checkbox"/> Other | |
| <p>7. What do you do well that will move you towards your goal?</p> <p>How will it further your goal?</p> | |

| | |
|---|---|
| <p>8. What do you need to outsource?</p> | |
| <p>9. Have you set a budget for this year? How does your goal fit into your budget? (Will you need to generate extra cash?)</p> | |
| <p>10. How much income do you need to achieve your big goal?</p> | <p>\$ _____</p> |
| <p>11. Name six things you are grateful for right now in your business</p> | <p><input type="checkbox"/> _____ _____</p> <p><input type="checkbox"/> _____ _____</p> <p><input type="checkbox"/> _____ _____</p> <p><input type="checkbox"/> _____ _____</p> <p><input type="checkbox"/> _____ _____</p> <p><input type="checkbox"/> _____ _____</p> |

| | |
|---|---|
| <p>12. Is this my goal or is someone or something else pressuring me to achieve it?</p> | |
| <p>13. What will achieving this goal do...</p> | <ul style="list-style-type: none"><input type="checkbox"/> For me <input type="checkbox"/> For my business <input type="checkbox"/> For my community <input type="checkbox"/> For my subscribers <input type="checkbox"/> For my family |
| <p>14. How can I tweak this goal so that it feels even better and gives back more?</p> | |

| | |
|--|--|
| <p>15. Do I have all the equipment/software/services I need to comfortably meet this goal?</p> | |
| <p>16. What do I still have to acquire?</p> | |
| <p>17. Is anything stopping me from acquiring the item/person I need? If so, how can I get past this block?</p> | |
| <p>18. Have I listed all the steps I need to take to accomplish this goal?</p> | |
| <p>19. Have I broken these steps down by month and put them in a schedule? On a calendar?</p> | |
| <p>20. What am I doing about accountability, to make sure I follow through on each step in a timely manner?</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Hire a coach <input type="checkbox"/> Join a Group <input type="checkbox"/> Use a service <input type="checkbox"/> Get an accountability partner <input type="checkbox"/> Other _____ |
| <p>21. Have I set up a communication system, with roles and responsibilities clearly assigned?</p> | |
| <p>22. Have I created regular check-ins?</p> | |

Products or Programs I plan to create or promote:

1. My Incentive _____

2. My paid product(s):

3. Affiliate Product _____

URL _____

Affiliate ID: _____

Affiliate Link: _____

Contact person: _____ Email: _____

4. JV Product _____

URL _____

Affiliate ID: _____

Affiliate Link: _____

Contact person: _____ Email: _____

Products or Programs I plan to create:

Completed: __/__/20__

Completed: __/__/20__

Completed: __/__/20__

Follow up tasks:



I hope you find this worksheet useful. I help business owners navigate all the marketing tools and options, so they can get a client attraction system that works! I'm raising up leaders in every community, and I'd love to help you express your message to the world, reach your audience, and become an Inspired Influencer!

Let's connect...

Interested in my Inspired Influencers Academy? Learn at your own pace in your own space: www.inspiredinfluencers.com/membership/

Join my community of inspiring like-minded leaders, for engaging connections, conversations and collaborations: www.inspiredinfluencers.com/events

Join my Facebook group for more tips and downloads: facebook.com/groups/askjennifer

Tell us more about your business in my Facebook Group:
II: www.facebook.com/groups/inspiredinfluencers

Let's get social...

Facebook Page: www.facebook.com/inspiredinfluencers

Facebook: www.facebook.com/jennifer.henczel

Instagram: <http://www.instagram.com/jennifer.henczel>

Twitter: twitter.com/jhenczel

Linkedin: www.linkedin.com/in/jenniferhenczel