

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



## Week 1: S.M.A.R.T. Goals

In today's fast paced world, it can be easy to lose sight of our goals.

Often times it can be a struggle just to stay on top of our day to day tasks let alone set and achieve long term goals for ourselves.

Many people feel inadequate because they aren't where they thought would be at this point in life.

That can feel disheartening, but all it really takes is a little habit changing and goal setting and tracking to get you where you want to be.

## A Few Points on Setting and Planning to Achieve Your Skinny Jeans Goals

You may have heard of S.M.A.R.T. goals...people talk about them because they work. Here is an overview and you will find a goal setting worksheet right after the overview.

**SPECIFIC** – Your goal needs to be spelled out very precisely and you also need to have a reason WHY behind your goal...some benefit or emotional attachment that will keep you focused.

For example, a goal might be to release 20 pounds in the next 12 weeks.

Using language that leaves no doubt as to what the goal is, why you want to achieve the goal, and how you will get there is very important. If you are not able to be detailed in your description of the goal, it will be hard to meet it. Take the time to do this part right.

**MEASURABLE** - This is where the Journal comes into play. It's a report card and a method to measure what you want to accomplish and what you actually accomplished.

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



If your goal cannot be quantified, then it's not a full goal and you won't know how when you have succeeded. An example of a measurable goal would be "I want to release 2 pounds each week for the next 12 weeks...I will accomplish this by, drinking a min. of 2 liters of water each day, eating 6 times a day, and taking "Me Time" to let go and increase vibration."

**ACTIONABLE / ACHIEVABLE** – There are different things that "A" can stand for, but it's usually actionable or achievable.

In order to achieve anything, you must take action. So, make your goal actionable, where you do something each day that will eventually result in an accomplished goal.

Goals should also be achievable or you will quickly get frustrated.

Be accurate about the time it takes to reach a goal, and what actions it takes to get there. Also, know who will be responsible for doing it.

**REALISTIC / RELEVANT** – "R" can stand for realistic or relevant, and both are important. If you want your goal to succeed, it should most certainly be realistic or you will fail.

If you're currently a size 18 and your goal is to be a size 2 in 4 weeks that's not realistic. However, you may be able to reduce your stress and 1 to 2 dress size in 4 weeks, or something similar.

Your goal should also be relevant to your life's vision and match your values. There's no point in making or achieving goals that have no relevance to your long-term life goals.

You could instead use that time to reach goals that get you one step closer to actually reaching your life goals.

So always ask yourself, if the goal is relevant to your life goals.

**TIME BOUND / TIMELY / TRACKABLE** – Various authors refer to the "T" in the S.M.A.R.T. acronym as time-bound, timely or trackable.

All of these t's are important parts of the goal creating and setting process.

If you don't set a time limit and you can't track what is happening, your goal will be hard to quantified or show as achieved.

Journaling helps you with this.

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



Making SMART goals part of your repertoire will increase your success exponentially.

The reason is that you will have an actual final goal as something you're shooting for in order to succeed, instead of not having a clue where you are going.

Plus, you'll be able to study the results to see how it worked.

If it did not work, you'll be able to find ways to adjust for the future.

To get started with planning your S.M.A.R.T Goals, use the worksheet on the following page to first help you determine your goals. Next, be held accountable by using a journal or planner pages to write them down daily results. Remember though, there is no beating yourself up ... words add a lot to our stress levels, so be kind to yourself, tomorrow is a fresh new day to make the shifts and move forward.

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



Studies have shown that people who write down their goals are more likely to achieve them so let's GET STARTED...

## Determine Your Smart Goals Worksheet

Go through this questionnaire for each *major* goal you set for your Finding Your Skinny Jeans Again.

### Specific:

What goal do you want to accomplish?

---

---

---

---

---

---

Why is this goal important to you?

---

---

---

---

---

---

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



What do you need in order to accomplish the goal?

---

---

---

---

---

---

What obstacle(s) might you face while achieving this goal?

---

---

---

---

---

---

**Measurable:**

How will you feel and be when you achieve your goal?

---

---

---

---

How will you know when you have achieved this?

---

---

---

---

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



### **Actionable / Achievable:**

Is your goal attainable in the period provided?

Yes, as long as I work on it daily I should have no trouble achieving my goal.

No. After careful consideration, I need to rework the goal so that it is attainable.

Can the required tasks be completed in the timeframe?

Yes, as long as I work on it daily I should have no trouble completing the goal within the timeframe.

No. I think my goal may be a bit lofty. I will break it down into more achievable steps.

### **Realistic / Relevant:**

Is your goal realistic?

Yes, while it may not be easy, it is possible to reach my goal.

No. After careful consideration, I think I may need to rework it a little.

Is it relevant to your overall life goals?

Yes, this goal will bring me one step closer to achieving my life goal.

No. After careful consideration, I think I need to create a different goal.

### **Time Bound / Timely / Trackable:**

When will you complete your goal?

---

---

Karen Stultz CHt, CIWC  
PO Box 11  
Whitefield Maine 04353  
207-956-9859 [info@karenstultz.com](mailto:info@karenstultz.com)  
[www.karenstultz.com](http://www.karenstultz.com)



## *NOTES*