

GOALS



Your goals are the steps you take to make “Good Happen” from the previous steps. Good goals follow the S.M.A.R.T. format.

<p>Bad Goal Example:</p> <p>“I want to lose weight.”</p>	<p>Good Goal Example Using S.M.A.R.T.:</p> <p>Specific: I want to lose body fat.</p> <p>Measurable: I want to lose 100 lbs of body fat.</p> <p>Achievable: I want to lose 15 lbs of body fat.</p> <p>Relevant: I want to lose 15 lbs of body fat to be healthy.</p> <p>Time Based: I want to lose 15 lbs of body fat to be healthy by the 15th of next month.</p>
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Goal Setting: To create goals that will help you achieve your vision, look at the balance wheel and work backwards. If you want to have saved \$30k for college when your 8 year-old kid is 18 and you’re starting from \$0, then you need to save \$30,000 in 10 years, which means you set a goal of \$3,000/year (\$30,000/10yrs), which is \$250/month. Keep working backwards until they’re at the level you feel you can manage.

		Battle Buddy
Spiritual	_____ /	_____
Family	_____ /	_____
Social	_____ /	_____
Financial	_____ /	_____
Health	_____ /	_____
Work	_____ /	_____
Mental	_____ /	_____