

S.M.A.R.T. GOALS

Awaken The Mind – The NLP and Hypnosis Guide
www.davidyouhas.com - www.ask-coach.com - www.stopithypnosis.com

S – specific
M – measurable
A – aligned
R - risky – stretch
T – time based

My Goal is _____

Date to be completed: _____

Moving toward my goal I will see, hear and feel:

1. _____
2. _____
3. _____
4. _____

Who is involved in this goal? _____

What I need to do to enroll them? _____

The specific results I wish to see from this goal are: _____

When this goal is complete I will feel: _____

What is the very next action step to move on this goal: _____

The action steps I must take to achieve this goal: _____

