



Goal Setting



What is a Smart Goal

S

- Simple
- Specific
- Sensory

M

Measurable
Meaningful

A

As if now
Achievable

R

Responsible
Resources

T

Timed
Toward Motivated

Example of a Well Written Goal

- It is now March 17, 2020 and I have \$1,476,879 net. I see the figures on my month-end financial report. I hear my spouse telling me how proud of me they are, and I say, “I knew it would happen”, I feel accomplished, successful and fulfilled.
- I achieved this because I AM smart, driven, shrewd, relentless, motivated, financially intelligent and I love my family and wanted to provide for them.

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