

## by: **Creating S.M.A.R.T. Goals!**

To successfully reach goals remember these 6 SMART secrets.

- First... Know where you are now. How will you know you achieved your goal?
- S.** Make **specific** goals. What exactly do you want to accomplish?
  - M.** Make **measurable** goals. What is attached to the goal that is measurable?
  - A.** Hold yourself **accountable**. What can Pilates Studio City do to help hold you accountable?
  - R.** Make sure the goal is **resonant** to you. Does your heart agree with this goal?
  - T.** Goals should be **thrilling** so that you can't wait to get started. Does the goal push you to your limits?

EXAMPLE(6 month goal):

	My goal is...	BY WHEN?
Overall happiness	I will get a promotion at work to the general manager from the assistant manager.	January 1 <sup>st</sup> , 2014
Overall health	I will run in the Disney Princess Half-Marathon and get a time of under 2:00.	February 22 <sup>nd</sup> , 2014
At Pilates Studio City	I will use Pilates to strengthen my core and lose 30 pounds.	January 18 <sup>th</sup> , 2014

### Today's Goal ( \_\_\_/\_\_\_/\_\_\_ )

(TODAY'S DATE)

	My goal is...	BY WHEN?
Overall happiness		
Overall health		
At Pilates Studio City		

### 6 Month Goal

	My goal is...	BY WHEN?
Overall happiness		
Overall health		
At Pilates Studio City		

### 1 Year Goal

	My goal is...	BY WHEN?
Overall happiness		
Overall health		
At Pilates Studio City		