

SMART GOALS

SPECIFIC



Be intentional with your goal. Look for non-general, detailed goals that you can create for yourself.

Do: "My goal is to memorize a passage of Scripture this week!"

Don't: "My goal is to memorize Scripture!"

MEASURABLE

Think about the goal you created for yourself. Is it one that is easy to distinguish in your mind? Or, is it still somewhat vague?



Do: "I will memorize Matthew 5."

Don't: "I will memorize something from Matthew."

ATTAINABLE



Now that you have your specific and measurable goal, now ask yourself, "Can I achieve this goal?"

Do: "This year, I will memorize Matthew five."

Don't: "This year, I will memorize the entire Bible."



REALISTIC

The best way to make your attainable goal a reality is to pull someone else in to help keep you accountable so that you can keep your goal!

Do: "In order to achieve my goal of memorizing Matthew five, I will ask my mentor to hold me accountable."

Don't: "I will memorize the entire Bible this year, I know I can do it on my own."

TIMELY

As you prepare to implement your goal, be sure to have an end date. You should be able to answer the question, "When will you finish memorizing this verse or passage?"

Do: "I will memorize Matthew 5 by next Friday."

Don't: "I will memorize Matthew 5..."



FLIP OVER FOR MORE!

MY SMART GOAL

SPECIFIC



I am memorizing from the book of:

MEASURABLE

I am memorizing chapter(s) _____

verse(s) _____



ATTAINABLE



Does this seem doable in this season?

Yes No

REALISTIC

_____ will hold me accountable.



TIMELY



I will finish memorizing by _____

____ / ____ / ____

YOU DID IT!