

Setting SMART Goals

A Blueprint for Success



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Introduction:

Setting and achieving goals is a fundamental part of personal growth and self-improvement. However, not all goals are created equal. To maximize your chances of success, it's crucial to set SMART goals—goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. In this guide, we'll break down each component of SMART goal-setting to empower you to create goals that work for you.



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Specific:

Make your goal specific and well-defined. Instead of setting a vague goal like "get healthier," be specific about what you want to achieve. For example:

- "Lose 10 pounds"
- "Adhere to the Guerrilla Diet program"
- "Exercise for 30 minutes five days a week"



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Measurable:

Your goal should be measurable so that you can track your progress. Determine how you will measure your goal, whether it's through numbers, percentages, or other quantifiable methods. This allows you to know when you've achieved your goal and helps you stay motivated. Examples include:

- "Walk 7500 steps a day"
- "Reduce body fat by 5%"
- "Increase vegetable intake to 5 servings per day"



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Achievable:

Ensure that your goal is realistic and attainable. Consider your current circumstances, resources, and abilities. It's essential to set goals that challenge you but are within your reach. Setting unrealistic goals can lead to frustration and demotivation. For instance:

- "Run a marathon within six months" (if you've never run before) might be unrealistic.
- "Run a 5k race in six months" could be more achievable.



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Relevant:

Your goal should be relevant and aligned with your overall health and wellness objectives. Consider why the goal is important to you and how it fits into your broader aspirations. Ensure that it is meaningful and relevant to your personal values and aspirations.

Examples include:

- "Reduce sugar intake to improve overall health"



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- "Increase strength training to support weight loss goals"
- "Practice mindfulness for stress reduction and mental well-being"



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Time-bound:

Set a specific timeframe for achieving your goal. This creates a sense of urgency and helps you stay focused. Establish a realistic deadline that pushes you to make progress without overwhelming you. Breaking your goal into smaller time-bound milestones can also be helpful. For example:

- "Lose 10 pounds in three months"
- "Complete a 30-minute yoga session every morning for a month"



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- "Reduce screen time by 30 minutes a day for the next two weeks"

By setting SMART goals that are Specific, Measurable, Achievable, Relevant, and Time-bound, you'll be better equipped to embark on your journey of self-improvement and personal growth. These goals provide a clear roadmap to success and enhance your ability to make meaningful, lasting changes in your life.

To your health and happiness!

Dr. Galit Goldfarb

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