

## HOW TO SET S.M.A.R.T. or 3R GOALS

Most of us don't have problems setting goals, the problem is keeping the goals. Setting your goals is one of the first steps in your road to getting fit. Most people would say they want to get fit and live a healthier life. Some want to lose weight, some want to gain weight, just get stronger or increase mobility. While it's great to have goals of losing 15lbs, running a 5K and increasing your strength, those goals will get you nowhere without a plan.

Two quick rules to setting goals are they must first be regular or daily. Just like sanctification you change slowly over time... think crock pot over microwave. You don't know how to follow Jesus immediately. You didn't gain your pounds in one day and you won't lose them in one day. Secondly they must be written down somewhere either on your computer, on a mirror, in your car whatever. A goal that isn't written is simply a dream!

Study graduated from Harvard ten year study asked all graduates who wrote goals 3% had written goals not necessarily smartest. 10 years back they asked "How much money do you make?" Not top 3% GPA the 3% made more than other 93% put together they wrote down goals.

We want to make sure that our goals help get us on the right track and keep us focused. Having goals like looking good and feeling better are good goals they just aren't **S.M.A.R.T.** goals. Now this doesn't mean your goals are dumb but are we maximizing all our goals can be to help set ourselves up for success and not failure.

**Specific Measurable Achievable Relevant Timed** or the 3 R's:

- 1) **Reasonable** not too big too small
- 2) **Regulated** or measurable. I want to be a better husband. I want to upgrade prayer life... you won't you don't know if you are or you aren't
- 3) **Repeatable** something that can be a habit

Let's look at the difference between some good goals and **S.M.A.R.T. or 3 R** goals -

### Good Goals

- Go running
- Start exercising
- Eat better

### S.M.A.R.T. Goals

- Run a 5k in 9 weeks
- Go to the gym 3 times a week
- Limit your soda intake from a case a day to 2 cans a week

We want to set **S.M.A.R.T.** goals to avoid the classic pitfalls of goal setting like being too vague, no time frame or setting goals that you can't tell when you have completed them. When we do things like set vague goals it not only hinders our progress but limits how we are able to plan. Take the time to look at the goals and make sure they are **S.M.A.R.T.** goals and not just good goals.