



BETTER HEALTH FOR BUSY WOMEN

# TRANSFORMATION ACCELERATOR

*Coaching Training*

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## MODULE 2

*Workbook*

[WWW.ZESTYGINGER.COM](http://WWW.ZESTYGINGER.COM)

# Creating a Smart Goal

- ➔ *What specifically do you want?*
- ➔ *Where are you now? (in relation to what you want)*
- ➔ *What will you see, hear & feel when you have it?*
- ➔ *What are the consequences of getting what you want? (ex. For family, clients, business, community etc)*
- ➔ *How will you know when you have it? (exactly. Be specific)*
- ➔ *What will this outcome get for you or allow you to do?*
- ➔ *What changes do you need to do or what action do you need to take to make it happen?*
- ➔ *Is the goal only for you?*
- ➔ *Where, when, how and with whom do you want it?*
- ➔ *What do you have now and what do you need to get your outcome?*
- ➔ *Have you ever had or done this before? Do you know anyone who has?*
- ➔ *How would you act if you have it now? Can you act as if you do? Why not?*
- ➔ *For what purpose do you want this?*
- ➔ *Have you ever had or done this before? Do you know anyone who has?*
- ➔ *What will you gain or lose if you have it?*
- ➔ *What will happen if you get it? What don't happen if you get it?*
- ➔ *What will happen if you don't get it? What won't happen if you don't get it?*

➔ *Can you do it now?*

➔ *How do you do it?*

➔ *When do you do it?*

➔ *What are you willing to do to have the problem disappear. Are you willing to do ANYTHING?*



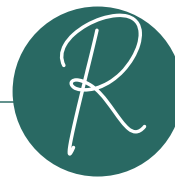
SIMPLE SPECIFIC



MEASURABLE  
MEANINGFUL TO  
YOU



AS IF NOW  
ACHIEVABLE  
ALL AREAS OF  
YOUR LIFE



REALISTIC  
RESPONSIBLE /  
ECOLOGICAL



TIMED  
TOWARD WHAT  
YOU WANT

➔ *Write out your goal and make sure it is a S.M.A.R.T goal.*