

## **SMART Goal presentation**

**Presenter: Todd Fahlstrom**

**What will we be talking about today?**

**7 Categories of goal setting**

**Resolutions, what are they and how does it differ from SMART or DUMB goals**

**SMART goals, what is it?**

**DUMB goals, what is it?**

**Let's begin!**

**Set goals in each of these 7 areas of your life**

- 1. Spiritual**
- 2. Financial**
- 3. Career**
- 4. Intellectual**
- 5. Fitness**
- 6. Family**
- 7. Social**

**Resolutions: act of decision making or intentions**

**Personal commitment – positive action**

**S.M.A.R.T. goals:**

**Specific**

**Measurable**

**Achievable**

**Realistic**

**Timely**

**Dumb goals:**

**Dream (destiny)**

**Up Lifting**

**Method practices (things you do over and over)**

**Behavior driven**

**Remember: whether these are SMART or DUM, make sure they are your goals, and not someone else's. Take ownership and have a great 2024 and remember you can review and revise along the way. Don't be afraid to fail or make mistakes.**