



**SUPERHUMAN  
ACADEMY**

---

## Creating A Meaningful Life And Developing Habits of Happiness

---



# SMART Goals Worksheet

*SMART Goals relate directly to the mission statement but are more specific and measurable. These important goals state what precise behaviors are needed to achieve the lifestyle detailed in the mission statement. Vague goals are of little benefit. The mnemonic SMART is used to assist people in making goals that help them to create a meaningful life.*

**S** = Specific: detailed, particular, focused

**M** = Measurable: quantifiable; a standard of comparison

**A** = Ambitious: requiring a personal stretch

**R** = Realistic: practical: achievable, accurate, possible

**T** = Time related: scheduled, regulated by time, has a deadline

**1. LOOK AT YOUR MISSION STATEMENT AND WRITE 3 (OR MORE) SMART GOALS THAT WOULD IMPROVE THE QUALITY OF YOUR LIFE BEGINNING WITH THE AREA THAT IS LEAST SATISFIED, ACCORDING TO YOUR WHEEL OF LIFE.**

*For example: I will register for and attend an hour-long dance class 1 day per week by December 1st.*

## 2. LOOKING AT YOUR GOALS, CHOOSE AT LEAST ONE THAT REQUIRES MULTIPLE “BABY STEPS” OR “OBJECTIVES” TO ACCOMPLISH. OUTLINE THOSE OBJECTIVES BELOW

For example:

- *Research local dance classes, costs, and join dates by November 1st*
- *Find a friend or partner interested in joining (if desired) by November 10th*
- *Register for the class by November 15th*
- *Find a babysitter for those evenings by December 1st*

---