

(do this top box last)

<b>S</b>	<b>Specific?</b> <ul style="list-style-type: none"><li>• What am I going to achieve?</li><li>• Why am I doing it? How does this connect to my <i>Big Why</i>?</li><li>• Include: Who, Where, When.</li><li>• What requirements and constraints might get in my way?</li></ul>	
<b>M</b>	<b>Measurable?</b> <ul style="list-style-type: none"><li>• Precise times, amounts or other units?</li><li>• Am I measuring numbers that are in my control every day or are they lagging indicators? (Ex: daily calories vs daily weight)</li></ul>	
<b>A</b>	<b>Attainable?</b> <ul style="list-style-type: none"><li>• A clearly defined finish-line or not?</li><li>• Leaning into the edge of my current abilities or a clever plan to fail?</li><li>• How will I get or find the skills, knowledge, etc, to finish this? What's standing in my way? How can I overcome these things?</li><li>• Am I in denial about any of that?</li></ul>	
<b>R</b>	<b>Relevant?</b> <ul style="list-style-type: none"><li>• Is this actually something I want to achieve? Why is that?</li><li>• Is this going to actually make my life better or is it a busy distraction that lets me avoid what I really need or want to do to improve my life?</li><li>• Does this align with my <i>Big Why</i>?</li></ul>	
<b>T</b>	<b>Time-bound?</b> <ul style="list-style-type: none"><li>• A specific start and end date and time.</li><li>• Am I making a plan to finish on time or almost finish on time?</li><li>• Does this deadline allow me to have a life with loved ones, down-time, and other goals?</li></ul>	

- Say all that in one simply, SMART, "I will," statement that ends with your *Big Why* for doing it. Write it in the top box.
- Place this where you must see it and/or interact with it every day.