

Refining Goals – The *SMARTER Method*

Component	Description	Example: Fitness Goal
S – Specific	Clearly define what you want to achieve.	"Run a 10K race in 3 months."
M – Measurable	Track progress with concrete numbers.	"Run 3 times a week, increasing distance weekly."
A – Achievable	Set a realistic yet challenging goal.	"Start with 3K runs and build up."
R – Relevant	Ensure the goal aligns with your priorities.	"Improves my health and aligns with fitness pillar."
T – Time-bound	Set a clear deadline.	"Race date set for 90 days from now."
+ Emotional Connection	Does this goal excite you?	"Completing a 10K will be a personal milestone."
+ Regroup & Adapt	Can you adjust if needed?	"If injured, shift to cross-training and extend timeline."