

# SMART & SEXY GOALS Checklist



Another attention management tool  
from [pilotfire.com](http://pilotfire.com)

When you craft goals, use this checklist to adjust them so your goals actually work for you.

Remember, the reason we make goals is *not* because having achieved them will make us happier. (We are terrible at predicting how we will feel in the future.) We make goals so we can focus. Focusing on something we believe in almost always makes us feel great, right now.

Make your goals **SMART** so you can feel you are making progress.

Make them **SEXY** so you love doing them.

Find deeper explanations and examples for each component of SMART & SEXY GOALS at:

<http://pilotfire.com/smart-and-sexy-goals>

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- S**pecific. Clearly define your goal. Answer, **WHAT?** you will do. The more specific your goal, the easier it will be to focus on it.
- M**easurable. Quantify your goal so it's very clear when you are finished. Don't let your goal grow. Answer, **HOW MUCH?** is enough.
- A**chievable. Make sure you have both the opportunity and the means to complete your goal. Believe yes when you answer, **CAN YOU?**
- R**elevant. The goal must align with your values and long term goals. Ask **WHY?** you are doing it and **HOW?** does it connect to the big picture.
- T**imed (and Triggered). Set deadlines. Use a timer. Make it a race. Be explicit about **WHEN?** Then set triggers to make starting automatic.
  
- S**hared. Sometimes doing it alone is pretty great, but when you share a goal, or you have someone to help, it's almost always better. **WHO?**
- E**nergizing. Get blood moving between your heart and your brain. If you can't include movement in your goal, then move before. **BREATHE.**
- X**celling. Make your goal challenging— just barely beyond your abilities or skills. Find Flow at the edge of frustration, and grow. **EXCEL.**
- Y**ummy. Coffee, dirt under your nails. Another version of Flow is losing yourself in the pleasure of doing. Does it **FEEL GOOD? SMELL GOOD?**