

SMART GOALS



S

Specific

M

Measurable

A

Achievable

R

Relevant

T

Time-Bound

SMART VS NON-SMART

	SMART Goal	Non-SMART Goal	It's significance to your Christian journey
(S)pecific	I'll carve out 10 minutes to pray and read 1 chapter a day	I want to be a better Christian	Being specific always connects you to your "why" which helps you to stay focused. Habbakuk 2:2
(M)easurable	I want to run a mile in 20 minutes	I want to get more fit and lose some weight.	If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4
(A)chievable	Limit ordering out to twice a month or spend no more than \$100 in the month.	Spend my money more wisely.	Your goal shouldn't be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28
(R)elevant	I will join one small group at church that lines up with my interest/identified gift.	I want to become more active at church.	Relevance means it should align with God's purpose and will for your life, and bring Him all the glory Colossians 3:23
(T)ime-bound	By March 2025, I will have identified 2 new sponsors for our event.	I need to get more sponsors for this event.	Deadlines help keep you accountable and foster discipline. Ephesians 5:16

ESTHER

BOOK OF ESTHER

Problem: Her people were being being targeted and Haaman wanted to have them killed. Her cousin Mordecai told her that if she didn't use the opportunity of her position to save her people from being killed, God would raise someone else from elsewhere to fulfill the goal.

	SMART Goal	It's significance to your Christian journey	Explanation
(S)pecific	As the queen, and the closest person to the king from her people, Esther had to go to King Xerxes to thwart Haman's plan of killing the Jews.	Being specific always connects you to your "why" which helps you to stay focused. Habbakuk 2:2	Esther's focused goal was to advocate for her people, through the highest in command, and save them from death. Esther 4:16
(M)easurable	No Jews die at the hand of Haaman.	If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4	This goal was measured and seen when the new decree was issued which allowed the Jews to defend themselves.
(A)chievable	Esther was going to use her role as a queen to go to the King. She prepared by praying and fasting.	Your goal shouldn't be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28	Although Esther was queen, she knew the laws required her to be summoned, and she was going against it, so she prayed and fasted, showing the element of faith needed to make the task achievable
(R)elevant	The goal aligned with preserving God's nation.	Relevance means it should align with God's purpose and will for your life, and bring Him all the glory Colossians 3:23	The relevance of Esther's goal in preserving the nation was in God's will because the Messiah would come from that line,
(T)ime-bound	Esther said to herself that she would go to the king after fasting for 3 days.	Deadlines help keep you accountable and foster discipline. Ephesians 5:16	Esther gave herself three days to fast and pray before going to the King. She understood the urgency and set a timeline.

DELILAH

JUDGES 14:4-21

Problem: Delilah wanted to identify the secret of Samson’s strength to betray him.

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(S)pecific		Being specific always connects you to your “why” which helps you to stay focused. Habbakuk 2:2	
(M)easurable		If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4	
(A)chievable		Your goal shouldn’t be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28	
(R)elevant		Relevance means it should align with God’s purpose and will for your life, and bring Him all the glory Colossians 3:23	
(T)ime-bound		Deadlines help keep you accountable and foster discipline. Ephesians 5:16	

HANNAH

1 SAMUEL 1:1-28

Problem: Hannah wanted a child but was barren.

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(M)easurable		If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4	
(A)chievable		Your goal shouldn't be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28	
(R)elevant		Relevance means it should align with God's purpose and will for your life, and bring Him all the glory Colossians 3:23	
(T)ime-bound		Deadlines help keep you accountable and foster discipline. Ephesians 5:16	

DEBORAH

1JUDGES 4-5

Problem: Mobilize the Israelites as instructed by God.

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(S)pecific		Being specific always connects you to your "why" which helps you to stay focused. Habbakuk 2:2	
(M)easurable		If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4	
(A)chievable		Your goal shouldn't be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28	
(R)levant		Relevance means it should align with God's purpose and will for your life, and bring Him all the glory Colossians 3:23	
(T)ime-bound		Deadlines help keep you accountable and foster discipline. Ephesians 5:16	

ABIGAIL

1 ST SAMUEL 25

Problem: Prevent disaster to her household by her husband, Nabal's actions.

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(M)easurable		If you have something to measure by, it allows you to see your progress and make adjustments as needed Galatians 6:4
(A)chievable		Your goal shouldn't be so easy that you can feel like you can achieve it on your own accord. It should require you to have and require a level of faith, but at the same time, it should not be unachievable. Luke 14:28
(R)elephant		Relevance means it should align with God's purpose and will for your life, and bring Him all the glory Colossians 3:23
(T)ime-bound		Deadlines help keep you accountable and foster discipline. Ephesians 5:16

MY GOAL:

SMART Goal		Guide
(S)pecific		<ul style="list-style-type: none"> • What do I want to accomplish? • Why do I want to accomplish it?
(M)easurable		<ul style="list-style-type: none"> • How will I measure my progress? • How do I know I have reached the goal?
(A)chievable		<ul style="list-style-type: none"> • What are the actionable steps that I need to take to reach the goal?
(R)elevant		<ul style="list-style-type: none"> • Is this in alignment with God's will for my life? • Is this the right time? • Do I have the resources to achieve this?
(T)ime-bound		<ul style="list-style-type: none"> • How long will it take to complete this goal? • When am I going to work on this?
Bible Verses		<ul style="list-style-type: none"> • What Bible verses help support this goal?

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