



DREAMNUTRIC™

GOAL SETTING & TRACKING

An introduction to setting and tracking
meaningful goals throughout the
coaching journey.

Goal Setting & TRACKING

Setting clear, actionable goals is a powerful step toward creating the life you envision. This guide introduces you to effective goal-setting and tracking strategies, providing a focused approach to achieving your aspirations. Throughout our coaching sessions, we'll refine your goals, break them into manageable steps, and celebrate your progress.

Why Goal Setting Matters

Goal setting provides direction and motivation, transforming your intentions into specific, achievable outcomes. By defining what you want to accomplish, you can channel your energy effectively, overcome obstacles, and build momentum toward lasting change.

Setting SMART Goals

A helpful way to structure goals is through the SMART framework, which ensures each goal is:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Include a way to measure progress or success.
- **Achievable:** Set goals that are challenging but realistic.
- **Relevant:** Align each goal with your values and overall vision.
- **Time-bound:** Set a deadline or timeframe to maintain momentum.

For example, instead of saying, "I want to reduce stress," a SMART goal would be, "I will practice 10 minutes of mindfulness meditation every morning for the next 30 days to manage my stress."

To practice setting goals using the SMART framework, please complete the SMART Goal Worksheet provided on the following page. This worksheet will help you clarify and refine a specific goal, making it actionable and measurable. Feel free to bring your completed worksheet to our next session so we can discuss your insights and any adjustments you'd like to make.

SMART GOALS

<p>S</p> <p>Specific</p>	<p>What is your specific goal?</p> 	
<p>M</p> <p>Measureable</p>	<p>How will you measure your progress towards this goal?</p> 	
<p>A</p> <p>Achievable</p>	<p>Is this goal achievable given your current resources and constraints?</p> 	
<p>R</p> <p>Relevant</p>	<p>How does this goal align with your overall values, priorities, & aspirations?</p> 	
<p>T</p> <p>Time-Bound</p>	<p>When do you want to achieve this goal by?</p> 	

Breaking Goals into Actionable Steps

Large goals can feel overwhelming, so it's essential to break them down into smaller, manageable steps. For each goal, identify the key actions needed to move forward. For instance, if your goal is to improve work-life balance, specific steps might include setting boundaries around work hours, scheduling regular self-care activities, or communicating your needs with others.

Tracking Your Progress

Tracking your progress helps you stay motivated and aware of the steps you're taking. Consider keeping a journal, checklist, or digital tracker where you can record each milestone, action step, and any insights along the way. Regularly reviewing your progress also allows us to adjust your plan as needed, ensuring it aligns with your evolving goals.

Celebrating Wins, Big and Small

Acknowledging achievements, no matter how small, builds momentum and reinforces positive habits. Each time you make progress toward your goals, take a moment to celebrate your effort. Recognizing these "wins" will boost your motivation and reinforce your commitment to lasting change.

Keeping Your Goals Flexible

Remember, goals may evolve over time as your priorities and insights shift. It's okay to refine or adjust your goals throughout our coaching journey. Flexibility allows you to stay aligned with what matters most, ensuring your goals continue to reflect your personal growth and changing needs.

