



Results-Based Goal Setting for *Busy* Moms

Presented by Abby Banks from 4onemore.com

You can set goals. Or you can get results. Less than 25% of people stay committed to their goals after just 30 days. Only 8% actually accomplish them.

Sound familiar?

The problem with most goal setting is that it's not based in reality (which includes your season of life, health, personality, or even time of year). Most goals are too theoretical and not actionable.

If you're tired of having a big to-do list without seeing progress toward your big goals, then let's dive in with a solution.

Goal setting that will get results for busy moms is actionable & based in reality.

>> 3 New Years

September - December

January - April

May - August

Work with the natural highs & lows that the seasons bring to your energy level.

It's more realistic to set goals only 4 months at a time.

Allows for slight corrections and adjustments.

Motivates you to continue as you see quick wins!



>> Set Only 1-2 S.M.A.R.T. Goals Per New Year

1-2 goals is realistic in a 4-months timeframe

The S.M.A.R.T. goal setting process makes it realistic & measurable.

S = specific

M = measurable (trackable)

A = achievable & attainable

R = realistic

T = time-bound (deadline)

>> Work Backwards to List Out Steps & Mini Goals That Will Help You Reach Your Big Goal

In order to accomplish your big goal, what mini steps do you need to take? Write them down and schedule them.

>> How to Practically Make It Work? Batching & Deep Work

Batching, or time blocking, is the best way to set side time for tasks. If you know a mini step toward your big goal will take 2 hours, then look on your calendar and schedule it in. Don't do anything else during that time. You will start to see results when you get serious about working the plan.

Check out *Deep Work* by Cal Newport to see exactly how distracted our brains have become in this always-connected society. We've lost the ability to do deep work. But, Cal Newport suggests ways to get to that concentrated zone where your best work can occur.

Now it's your turn to go and *crush* your goals!

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