

# QUANTUM GOAL SETTING

## SMARTER Goals

**S**

Simple  
Specific

**M**

Measurable  
Meaningful to you

**A**

Achievable action plan  
As if now  
All Areas of Life

**R**

Realistic  
Responsible

**T**

Timed  
Toward what you want

**E**

Energy  
E-Motion

**R**

Reverse Engineered  
Reticular Activating System

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Now that you know the process, re-write your goals in S.M.A.R.T.E.R format.

Remember, your goals should be specific, 1-2 sentences, include a date, and be written in present tense.

Example: On August 1,2024, or sooner, I am celebrating earning \$10,000 per month or more in net income in my own business selling widgets.

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