

## **Setting Goals: Living In Purpose and On Purpose**

Whether you are setting practice goals or life goals, we hope that you will use these tips to make sure they are S.M.A.R.T. goals!

**S-** Specific: What exactly do you want to do?

**M-** Measurable: How will you know when you succeed?

**A-** Actionable: What steps will you take to reach your goal?

**R-** Realistic: Is your goal possible? Why do you want to reach it?

**T-** Timely: When will you reach your goal?

### **Tips on Time Management**

1. Having a planner does not make you a planner. What you DO with it does.
2. Start big picture (ex: learn all of my scales) and break it down into bite-sized chunks you can achieve over time (ex: this week I will master and memorize the Bb major scale).
3. Now that you have bite-sized “weekly” chunks, break it down into steps you can take each week to get each chunk done (ex: practice the Bb major scale tomorrow before soccer practice for ten minutes). Write this down- that way you’ve made the time and eliminated any excuses.
4. Remember: Planning+Commitment= Consistency;  
Preparation-Distraction= Time; Consistency/Time= Success
5. Time is like money- you need to budget it.
6. Keep your eye on the destination and the journey will bring you there.
7. Make a little time for yourself everyday.
8. If you are racing against time, stay ahead and you will win!