

S.M.A.R.T. GOALS



“Life Coaching For Your Individual Greatness”

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

1.1 Life Purpose Coach Rhonda Bradley

Rhonda Bradley is a native of Nashville, TN and has been partnering with clients for personal coaching since 2003. In addition to being an award winning athlete, entrepreneur, health enthusiast, martial arts instructor and aspiring bass player, she has received her certifications, degrees and training from the following:

Tennessee State University

- BS, Architectural Engineering

Vanderbilt University

- ME, Management of Technology

Aquinas

- Certificate, Human Resources Management

Coachville

- Personal Coaching

Max Scruggs Karate Center

- Nidan, Wado-Ryu Karate-Do (2nd degree Black Belt)

The Qigong and Human Life Research Foundation

- Certified Qigong Healer
- Certified Qigong Instructor

Alternative Learning Technologies

- Reiki Master, Sei-Chem Tibetan Reiki
- Practitioner, Neuro-Linguistic Programming (NLP)
- Practitioner, Time Line TherapyTM

In addition, she supports her community and various activities as member of the following:

- Coachville
- Delta Sigma Theta Sorority, Inc.
- Nashville Public Radio
- Nashville Public Television
- Nashville Sports Council

WHAT IS LIFE COACHING?

Coaching began as a motivational tool in the corporate world for top executives. Over time the practice utilized by these executives became accessible by the main stream.

As a Life Purpose Coach, it is Rhonda's objective to act as an accelerant to help you get more of what you want faster, by facilitating the processes that will allow you to align your resources, reactions, conversations and interactions towards the accomplishment of your goals. She will equip you with various tools, assist in broadening your perspective and help you position yourself such that you can develop yourself and become more effective. She will supply the motivation to fuel your determination to succeed by assisting you to expand your action levels, performance or capabilities.

An excerpt from an article in the USA Today, on August 4, 2002 described coaching as:

"...a new option for the worried well—those whose lives are only slightly askew. No longer do they need a diagnosis from a psychotherapist who delves into the painful past. Using the telephone or Internet, they can sign up with an upbeat coach who becomes a partner in defining a better future."

Coaching clients are not weak or incompetent people. They are everyday folks, from all walks of life, who have their lives together but, realize the value of having someone to help them think outside their normal parameters and usual environmental influences. Life Coaching concentrates on moving your life forward and is:

- Action-oriented
- Solution-oriented
- Challenging

PROGRAM INFORMATION

3.1 Description

Goal setting is most often used to create motivation and to inspire higher levels of performance. As such, goal setting can be a very beneficial tool for athletes, when used appropriately, as the pursuit of a desired outcome can illicit feelings of confidence and accomplishment. However, as with all tools, balance is necessary as an inappropriate goal can increase stress and anxiety.

3.2 Objectives

Outline the S.M.A.R.T goals process for creating meaningful goals.

3.3 Suggested Users

Any person seeking a simple method to create goals for personal improvement.

PROGRAM CONTENT

4.1 What Is A Goal?

A goal is any object of ambition or desire, and can be short-term, long-term or on-going. Goals can give you direction in any chosen area of your life while giving you drive and passion. Goals keep us focused on a purpose, allowing us to be in control of our lives and in control of the direction we are headed, in our realm of influence.

A **short-term goal** (buy a new dress) can be achieved in two hours, tomorrow, next week, this month or in three to four months. A **long-term goal** may take six months (save for a new computer), two years (save for a new car) five years (save for a house down payment) or even longer (save for college tuition). An **on-going goal** has no definite end point (commitment, lifestyle improvement, etc.) and is sustained over time, managed and tracked. The goal of, "improve my self-confidence" would fall in this category.

With all your defined goals, remember this:

In whatever position you find yourself determine your objective first. Until your thoughts are linked to a purpose there can be no accomplishment. There is no achievement without goals. If you don't know where you are going, how do you expect to get there? The world has the habit of making room for the person whose words and actions show that they know where they are going. Goals give you a starting place and a destination. With them, you will be able to determine what it will cost you to get there. In your pursuit of them, you will be going someplace. Only you can determine what you want. You can decide on your major objective, targets and aims. Knowing where you are going is all you need to get there.

-Author Unknown

4.2 How Do I Create A Goal?

Achieving goals can be challenging if you have not done a good job of clearly describing what you want and outlined your plan to get you there. Using the S.M.A.R.T. goals process to define your desired outcome, greatly improves your chances of making your goal a reality. S.M.A.R.T. is an acronym that describes goals that are:

Specific
Measurable
Attainable
Realistic
Time bound

Specific

A goal that is specific has a far greater chance of being achieved than a general or broad goal. For example, a broad goal would be, "Improve my free throw percentage." A more specific goal would be, "Improve my free throw percentage to 80%, by August 1, by shooting at least 3 times a week at the gym for 45 minutes."

To define your specific goal, you must answer the *Six W Questions*:

1. Who: Who is involved?
2. What: What do I want to accomplish?
3. Where: Identify a location.
4. When: Establish a time frame.
5. Which: Identify requirements and constraints.
6. Why: Specific reasons, purpose or benefits of accomplishing the goal.

The *Six W Questions* for the example goal would be:

WHO? Who is involved?	WHAT? What do I want to accomplish?	WHERE? Identify a location.	WHEN? Establish a time frame.	WHICH? Identify requirements and constraints.	WHY? Specific reasons, purpose or benefits of accomplishing the goal.
Me	Improve free throw percentage to 80%.	Gym	1. Shoot at the gym 3 days a week for 45 minutes. 2. Now through August 1.	Go to the gym in the morning before going to my summer job.	Improve my season average by 10% over my average last season of 70%

Measurable

If you can not measure it, you can not manage it, and you will not know when (or if) you have achieved success. When you measure your progress you can celebrate the incremental wins you accomplish toward achieving your final outcome. This provides you the motivation to stay focused and on track toward achieving your overall goal. When defining a measurement, ask yourself questions such as:

- How much?
- How many?
- How fast?

Attainable

Once you identify the goal that is meaningful to you, you begin to envision ways you can make it a reality by looking at every thing in your environment that can bring you closer to accomplishment. Simply having a goal to focus on helps you learn more about yourself by assisting you to expand your attitude, abilities and skills. A goal that may have initially seemed difficult becomes attainable because you have grown and developed in pursuit of a desired outcome.

Realistic

Is your goal really “do-able?” Do you really believe it can be accomplished? Make sure your goal is something you can achieve by applying a good amount of effort, but also that it is not so difficult that you set yourself up for failure. Even setting your goal too low is detrimental in that you are telling yourself you are not capable of being a high achiever. Find the measurement for your goal that is realistic enough to stretch your limits and test your skills while also providing you with satisfying achievement.

Time bound

Establish an end point (completion date) for your goal that gives you a clear target to work towards. Not having a time frame for completion (i.e. next week, 3 months, August 1) implies that there is no sense of urgency to act now.

S.M.A.R.T. GOAL WORKSHEET

WHO? Who is involved?	
WHAT? What do I want to accomplish?	
WHERE? Identify a location.	
WHEN? Establish a time frame.	
WHICH? Identify requirements and constraints.	
WHY? Specific reasons, purpose or benefits of accomplishing the goal.	

My Specific Goal
