Directions: Invest about 20 minutes each day for 6 days completing the SPLASH portion of the growth plan. Simply evaluate yourself and set some SMART goals in the six areas. Follow SMART goal setting as defined below.

SMART is an acronym for **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**imely. It was originally developed to write better management goals for the corporate world but it can really be applied to any area of life. SMART goals should be:

Specific. Most of the time goals are too broad. Simply saying, "I want to get in shape" is vague. How will you know when you are "in shape?" What does that look like? Saying "I want to get in better shape by losing 10 pounds in six weeks" is more specific. At the end of six weeks, the scale will tell you if you have reached your goal.

Measurable. Can you quantify your goal? Is it computable? For example, all of us would like to make more money. However, simply to say, "I want to make more money" is unclear. How much more? A more measurable goal would be to say "I want to increase advertising revenue on my blog by $100 per month." That is a clear and precise target that can easily be measured.

Attainable. An attainable goal is one that is achievable. Have you honestly considered whether you can reach this goal? I have played or coached basketball for most of my life, but at this point I doubt I have a career lined up in the NBA. Goals are meant to stretch us as we develop the attitudes and skills to reach them. Some things, however, are just beyond our reach.

Relevant. Relevancy refers to whether or not a goal is worthwhile. Is this goal something you should really be doing? Is it the right time or place for this to happen? As a high school personal finance teacher, it would not be a relevant class objective to have my students learn about the Presidency of Abraham Lincoln. I'm not sure that teaches them how to prepare a monthly budget, stay out of debt or plan for retirement.

Timely. Goals need to have a deadline or a target date. When will you have this goal achieved? When I was training for my first marathon, I knew the race date I signed up for - Oct. 28, 2012. Having the exact date gave me the urgency to get started in June as I laid out my 20-week training program. The date served as a motivational future marker in time that I had to be ready for.

Use the examples below to spark your thoughts. Be real, with yourself as this is your opportunity to move forward with your life.

SPLASH Growth Plan	This is an example - Goal #1	In this column, write some steps you must take to reach the goal.
Spiritual	Read through the Bible by the end of 2013.	1. Follow a daily Bible reading schedule like the one found at www.Bibletrack.org. 2. Get up 15 minutes early each morning. 3. Leave the computer, iPad, phone, or TV off until reading is completed.
Professional	Purchase an iPhone 5 by June 1st and download my contacts and calendars to be more organized.	1. Save $100 a month for three months. 2. 3.
Leadership	Listen to each monthly EntreLeadership podcast by Dave Ramsey.	1. Register for and download podcast from iTunes. 2. 3.
Attitude	For one week, avoid the use of sarcasm when I respond to people's comments.	1. Listen to uplifting music in the car instead of talk radio programs. 2. Count to 3 before you speak. 3.
Social (Relationships)	Build my Facebook fan page to 100 Likes by April 1st.	1. Invite friends to Like the fan page. 2. Place a Facebook social plugin on my blog site. 3.
Health	Finish a 5k in 30 minutes by July 31st.	1. Research and purchase quality pair of athletic shoes. 2. Run for 30 minutes, 3x per week for 10 weeks. 3.

Now it's your turn. Use this blank sheet or make up your own sheet listing your SPLASH goals. Share these goals with someone like a friend, mentor, coach or family member. They will help keep you accountable. Work hard toward your goal and watch yourself grow.

SPLASH Growth Plan	Goal #1	In this column, write some steps you must take to reach the goal.
Spiritual		1. 2. 3.
Professional		1. 2. 3.
Leadership		1. 2. 3.
Attitude		1. 2. 3.
Social (Relationships)		1. 2. 3.
Health		1. 2. 3.