

### Goal Setting And Planning

It's important to plan goals wisely, but SMART goals are for grunts who need to prioritize man-hours, show they're worth munching up cashflow, and prove they're contributing to the bottom line. When you're working at a higher level view, if you're susceptible to burnout (suffering from former burnout, anxiety, PTSD, etc.), and if you're an entrepreneur, there may be more going on than whether or not your goals are simply SMART. SMART is not always profitable. SMART is not always worth your time and energy. You need to check whether or not goals are SACRED to determine whether or not they're worth doing in the first place..

### SMART Goals

Is your goal **Specific**? Can you answer all the WH-questions? Can we really know what it is that you're going to do? Did you leave too much room for interpretation?

Is it **Measurable**? Are there numbers involved? Percentages? These are great for analytics and knowing when exactly you can check the Done box.

Is your goal **Attainable**? Can it even be done in the time allotted to it? Is there a reasonable chance of success without divine intervention?

Is your goal **Relevant**?

Is your goal **Time-bound** with a deadline or milestone date? Does your goal have a deadline or milestone date?

### SACRED Goals

Is this **Satisfying**?

Dig deep to find a reason that this goal is satisfying and will create more than simply a sense of obligation.

Will it be **Adventurous**?

Not all goals are achievable, but they may be worth pursuing anyway. It may be worth pursuing regardless of whether it's truly achievable.

Will it help to be **Creative**?

Find ways to breathe life into old tasks, make them fun, or add creativity to your repertoire.

Is this goal **Rewarding**?

If your goals are draining, boring, exhausting -- then perhaps it's time to check the compass and make sure your goals are taking you in the right direction.

Is this goal **Exhilarating**?

A SACRED goal will be so exciting, it gets you up in the morning. You can't wait to see how much progress you can make on it today!

Do I find this goal self-**Driving**?

This is the litmus test -- your goal should almost have its own power of movement, something easier to do than to stop yourself from doing it. At every step of the journey, you need to be willing and able to take some actions. If you do have a moment of being stuck, determining your next step is important -- even when the next step is "take a break."

### Credits

For the most recent work around this topic see the [Developing Better Spoons online course](#). This cheat sheet is based on my article [Nevermind SMART - Ask whether your goals are SACRED!](#), my book [SURRENDER™ to Passion](#), and my article [Getting the Right Things Done](#) on the [Passionizing™ Blog](#). I'm making a cheat sheet because I often want to refer back to my own articles while working with white-collar burnout coaching customers on these points, and want something to give my customers. I hope you find them helpful.  
~Rev Criss.

