

Windows to the Heart Repatterning

SMART GOALS

How to Create Tangible and Sustainable Positive Change

S



SPECIFIC

Start by creating a clear intention based on details and attributes you would like to experience, have in place or accomplish.

M



MEASURABLE

Evaluate what is progress toward your long-term goal. This could include a specific amount, timeline and also your personal responsibilities and values.

A



ACHIEVABLE

Break down your long term goal into small chunks or short term goals with built-in success. Celebrate your success along the way!

R



REALISTIC

What are the advantages and disadvantages associated with your positive intention or goal? Stay connected to your WHY.

T



TIMELY

Map out your short term positive actions to empower your growth mindset. Begin with weekly actions and review monthly to tailor or adjust for your progress.

Repattern your life to create greater integrity in your wellness and well-being!

[Windows to the Heart Repatterning](#)

[Infographic created by Kimberly Rex](#)

