



# Your Guide to Setting S.M.A.R.T.R.

## GOALS FOR 2020



FRONT BURNER  
BLOG

THIS MATERIAL WAS CREATED BY NICCI WILLIS & CO.

Hey girl!

2020 is right around the corner! While everyone else is breaking out their vision boards, now is the time to assess how well you did this year and set your goals for the new year. Take time this week and use this tool.

**Step 1. Do a Self-Assessment-** Did you meet your goals? Were there some goals you didn't meet? Did your priorities change? What were the lessons learned this year? Take your time with this. You can't know where you're going until you know where you've been.

**Step 2. Create S.M.A.R.T.R. goals-** We all know about "S.M.A.R.T." goals that are Specific, Measurable, Attainable, Relevant, and Time-based. But I'm adding another letter... REWARDING! Meeting your goals should be rewarding. Attach a meaningful reward that you will give yourself when you meet your goal and your chances of achieving it will be much greater.

**Step 3. Hold yourself accountable with fellow tribe members-** Go to the Facebook group [Front Burner Tribe](#) (make sure you become a member) and post your most important goal. Use the hashtags #smartrgoals

Remember, you don't have to wait until the new year to set goals. Feel free to use it whenever you feel you need to reassess and reprioritize your goals.

Need a little more 1-on-1 help? I'm here to help! [Click here to schedule a free 30-minute consultation.](#) I can't wait to hear about your goals for the upcoming year!



*Nicci*



@nicciwillis  
Facebook Group: Front Burner Tribe  
#frontburnertribe  
#frontburner  
#antisupermom  
FrontBurnerTribe.com



# WHAT WERE MY GOALS THIS YEAR?

	DID I MEET THIS GOAL?	THIS GOAL STILL IMPORTANT TO ME!
01 _____	yes no	<input type="checkbox"/>
02 _____	yes no	<input type="checkbox"/>
03 _____	yes no	<input type="checkbox"/>
04 _____	yes no	<input type="checkbox"/>
05 _____	yes no	<input type="checkbox"/>

WHAT KEPT ME FROM MEETING MY GOALS?

**WHAT WERE MY "WINS" THIS YEAR?**

**THERE ARE NO REGRETS IN LIFE, JUST LESSONS ."- JENNIFER ANISTON**

**WHAT WERE MY "LESSONS" THIS YEAR?**



**What are my  
strengths?**

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**What are my  
weaknesses?**

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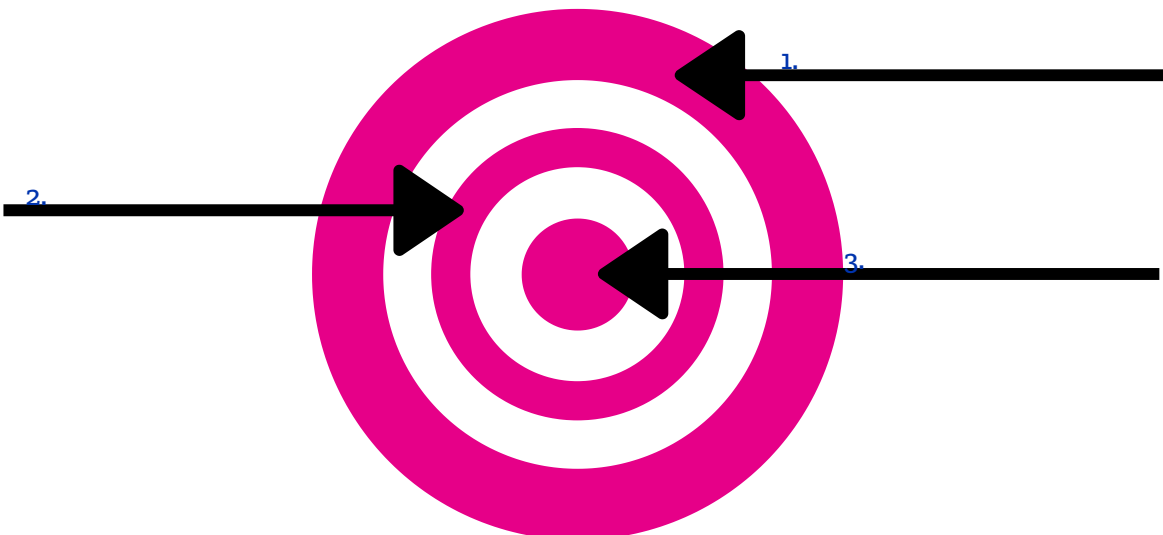
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Girl  
power

**3 Areas I want to Target Are...**



# WHAT ARE MY NEW GOALS?

You achieve your goals by making S.M.A.R.T.R. goals—Goals that are Specific, Measurable, Attainable, Relevant, Time-based, and Rewarding!! With every goal achieved, there should be a reward attached. So, go ahead! Make those S.M.A.R.T.R. goals!

**S.** Specific

**M.** Measurable

**A.** Achievable

**R.** Relevant

**T.** Time-based

**R.** Rewarding

**#GOALS**

My goal is to:

How will I make this happen?

*start my virtual interior design business by getting my first paying client.*

1. start a blog about interior design
2. Redesign 3 rooms and blog about it
3. Take an interior design course + earn a certification
4. Build my Business Canvas in 8 weeks
5. Interview 10 potential clients from my blog subscribers

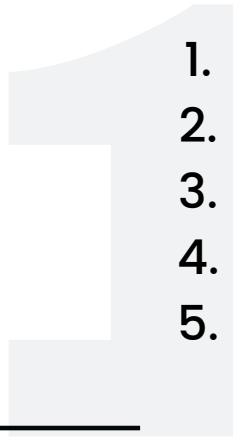
I plan to meet this goal by June 1, 2020

When I meet this goal I will reward myself by buying that camera I've been wanting

# WHAT ARE MY NEW GOALS?

My goal is to:

How will I make this happen?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

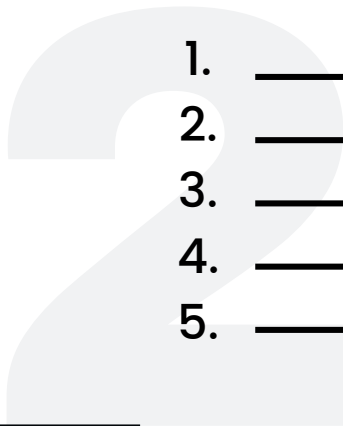
I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_



My goal is to:

How will I make this happen?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_



# WHAT ARE MY NEW GOALS?

My goal is to:

How will I make this happen?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_

*→ believe →*

My goal is to:

How will I make this happen?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_

# WHAT ARE MY NEW GOALS?

My goal is to:

How will I make this happen?

- 
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_

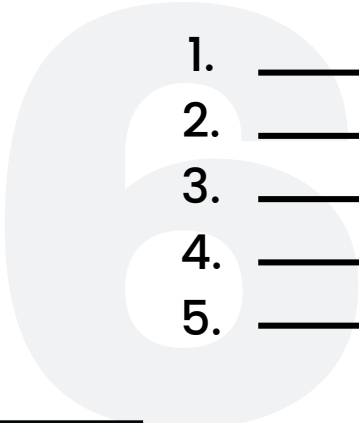
I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_



My goal is to:

How will I make this happen?

- 
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_

I plan to meet this goal by \_\_\_\_\_

When I meet this goal I will reward myself by \_\_\_\_\_



Nicci Willis, MBA

**Find Me.  
Find The Tribe.**



@nicciwillis

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#antisupermom

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