

# The Power of I Am 5-Day Challenge

## Day 3

### Using S.M.A.R.T. Goals with I Am Statements

S.M.A.R.T. is an acronym for goals that are Specific, Measurable, Attainable, Relevant, and Time-Based. Let's back into this definition first by looking at a SMART goal. Here's one that I set for this challenge -- *Today is April 10, and I have launched a 5-day I Am challenge that will contain daily video messages, worksheets to download, and exercises to experience different ways to use I Am statements.*

So, let's break it down one letter at a time.

For a goal to be Specific, it must contain enough details to state the specifics, the what and how, of what you will do or achieve in accomplishment of your goal.

For a goal to be Measurable, it must contain a way that you can measure success. Some goal setters may see my goal, and say that it is missing an outcome detail by which to measure success. And in many cases I would agree. But, with this challenge, my ultimate purpose was to create a program of value, and the number of awesome individuals who participate was not my highest priority. A phrase that could be added to clearly be measurable could be: *a 5-day I Am challenge to 50 awesome individuals that will contain...*

For a goal to be Attainable, it must be realistic in consideration of other factors. For where I am in my coaching business and the fact that this is my first challenge, I would not add the phrase: *to 1000 awesome individuals...* That's too much of a stretch.

For a goal to be Relevant, it must be tied to a bigger picture or be a step of getting you to where you want to be. Is it part of expanding your business, getting a new job, living a healthier life, for example?

For a goal to be Time-Based, it must have a time frame attached to it. I like to give my SMART goal an actual date and state it in present tense as if I had already achieved it. I love the way that feels.

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#### Now It's Your Turn

For my Focus Project, here is my SMART goal.

As I write this goal, I check in on my self-talk. How do I feel? What are the I Am statements that occur to me?

Do I need to ramp up my mindset with replacement empowering I Am statements? Write those I Am statements here.

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#### Let's Brainstorm Some Action Steps

Now that you have written your SMART goal and have upped your energy and confidence with I Am statements, what action steps come to mind? As you were ramping up your confidence with I Am statements, could you actually see and feel action steps and solutions coming into your awareness? Write those action steps here.

Now, choose one action step that you will complete before Sunday and Day 5 of our challenge. Write that action step here.