



SMART GOALS

2019

GOALS IN EVERY AREA

Self controlled

24 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. 25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.



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1 Cor 9:24-27

For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have [sufficient] to finish [it]?

Luke 14:28



Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

John 6:27

WHAT'S HAPPENING WITH YOU?

- New year!
- New class
- New grade
- New teacher
- New responsibilities
- New activities
- New job
- New uni course
- New home / area



SMART PLANNING



S

Specific

Who, What, Where,
When, Why, Which

Define the goal as much
as possible with no
ambiguous language.

WHO is involved, WHAT
do I want to accomplish,
WHERE will it be done,
WHY am I doing this
(reasons, purpose),
WHICH constraints /
requirements do I have?



M

Measurable

From and To

Can you track the
progress and measure
the outcome?

How much, how many,
how will I know when
my goal is
accomplished?



A

Attainable

How

Is the goal reasonable
enough to be
accomplished? How so?

Make sure the goal is
not out of reach or
below standard
performance.



R

Relevant

Worthwhile

Is the goal worthwhile
and will it meet your
needs?

Is each goal consistent
with other goals you
have established and
fits with your
immediate and long
term plans?



T

Timely

When

Your objective should
include a time limit. "I
will complete this step
by month/day/year."

It will establish a sense
of urgency and prompt
you to have better time
management.

**FOR EXAMPLE: MEMORISE MORE BIBLE
VERSES TO STRENGTHEN MY FAITH THIS YEAR**

BE SPECIFIC

Is it **Specific** – Yes!



FOR EXAMPLE: MEMORISE MORE BIBLE VERSES TO STRENGTHEN MY FAITH THIS YEAR

Is it **Measurable** – To make more measureable, we can set a number, say 10 verses which is a realistic number



FOR EXAMPLE: MEMORISE MORE BIBLE VERSES TO STRENGTHEN MY FAITH THIS YEAR

Is it **Achievable** – Yes, because there's 52 weeks in a year and I can memorise one verse every 5 weeks!



FOR EXAMPLE: MEMORISE MORE BIBLE VERSES TO STRENGTHEN MY FAITH THIS YEAR

Is it **Relevant** – Yes, because it will help my faith. The Word of God has power and strengthens me through trials.

I'm still waiting for the day that I will actually use

$$17. \frac{\partial^2 u}{\partial x^2} + \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} = 0$$

$$18. 3 \frac{\partial^2 u}{\partial x^2} + 5 \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} = 0$$

$$19. \frac{\partial^2 u}{\partial x^2} + 6 \frac{\partial^2 u}{\partial x \partial y} + 9 \frac{\partial^2 u}{\partial y^2} = 0$$

$$20. \frac{\partial^2 u}{\partial x^2} - \frac{\partial^2 u}{\partial x \partial y} - 3 \frac{\partial^2 u}{\partial y^2} = 0$$

$$21. \frac{\partial^2 u}{\partial x^2} = 9 \frac{\partial^2 u}{\partial x \partial y}$$

$$22. \frac{\partial^2 u}{\partial x \partial y} - \frac{\partial^2 u}{\partial y^2} + 2 \frac{\partial u}{\partial x} = 0$$

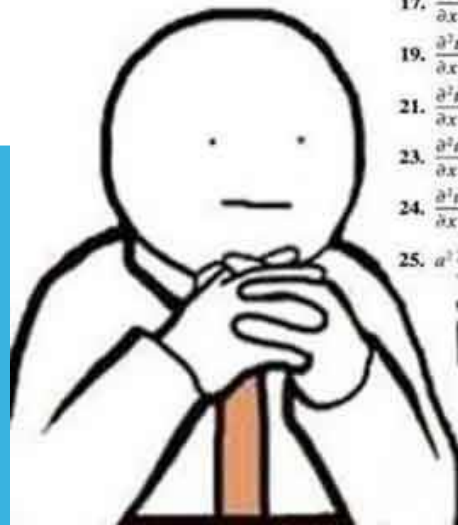
$$23. \frac{\partial^2 u}{\partial x^2} + 2 \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} + \frac{\partial u}{\partial x} - 6 \frac{\partial u}{\partial y} = 0$$

$$24. \frac{\partial^2 u}{\partial x^2} + \frac{\partial^2 u}{\partial y^2} = u$$

$$25. a^2 \frac{\partial^2 u}{\partial x^2} = \frac{\partial^2 u}{\partial t^2}$$

$$26. k \frac{\partial^2 u}{\partial x^2} = \frac{\partial u}{\partial t}, \quad k > 0$$

in real life



FOR EXAMPLE: MEMORISE MORE BIBLE VERSES TO STRENGTHEN MY FAITH THIS YEAR

Is it **Time-bound** – Yes, by 1 year



THE KEYS TO SUCCESS

- Pray about your goals – ask God to help you and ask Him to help you make good goals
 - Share them with others to reinforce the goal and for accountability - your parents or your trusted friend
 - Make an action plan, e.g. for mine I'll:
 - Start taking notes in church – have one take-away verse from the message
- Read my Bible each night / do my own research
- Write them down somewhere I can see it, put it into song



GOD IS THE KEY TO SUCCESS!

Proverbs 16:3 - Commit thy works unto the LORD, and thy thoughts shall be established.

Matthew 6:33 - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Romans 12:12 - Rejoicing in hope; patient in tribulation; continuing instant in prayer;

Psalms 37:4 - Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

Philippians 4:13 - I can do all things through Christ which strengtheneth me.