



# SETTING SPECIFIC, MEASURABLE AND ATTAINABLE GOALS

## *Scripture Reflection*

*“For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it—lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him saying, ‘This man began to build and was not able to finish?’”*

*~ Luke 14:28-30*

## **SMART Goal-Setting**

Today we will focus on the first three (3) S.M.A.R.T. principles.

### **Setting Specific Goals**

The first principle in planning your goal is to make your goal **SPECIFIC**.

There is much confusion about whether God wants us to set specific goals or not. Some of us believe that ‘if it’s God’s will’ then we will do this or that which can prevent us from taking personal responsibility for our actions by leaving it all up to God. On the other hand, some of us do the opposite and leave God out of our planning because we never thought about it, or because we don’t think that he really cares about this part of our lives.

Neither of these approaches is correct. The Bible offers a very balanced approach to goal-setting. Luke 14:28 teaches us that we need to be specific in our plans and intentions.

When getting specific about your goal, ask yourself the following questions:

1. Is your goal well-defined?
2. Does your goal line up with or contradict the Word of God?
3. Is your goal based on the right motive?

Here are some examples of incorrect (non-specific) goals and correct (specific goals):

**Not specific** – I want to lose some weight.



**Specific** – I want to release 50 pounds by December 31 by starting an exercise program, developing a healthy eating plan and by allowing the Holy Spirit to guide my food choices.

In a few days you will be writing out your goal. Use the following scriptures to help you create your specific goal.

*“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.” Matt 7:7*

*“And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it.” John 14:13-14*

*“If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.” John 15:7*

*“The plans of the diligent lead to profit.” Prov 21:5*

## Setting Measurable Goals

The second principle is **MEASURABLE**.

Can you tangibly show how you will meet your goal?

You must be able to track your progress to make sure you are on the right track. As one saying goes, ‘If you can’t measure it, you can’t manage it.’ Your goals should be able to identify how much, how often, how long, how many, and how you will know when you’ve reached your goal.

Unfortunately most of us only focus on the scale to measure our progress which can be very discouraging because it does not show the mental changes that are happening in your mind; the spiritual shifts that are breaking strongholds; or the physiological changes that are happening when you burn fat and build muscle.

In Luke 14: 28-30, we learn that you would never consider building a house without estimating the costs and the time and all the factors involved in the project the same as you would never attempt to start a weight-releasing program without having specific indices to measure your success.



Here are some examples of incorrect (non-measurable) goals and correct (measurable goals):

**Not measurable**– I want to get in better shape.

**Measurable**– I want to have a BMI of 24, and a body fat percentage of 28%, I want my blood pressure to be 125/85. I want to be able to run 5 miles without stopping.

What will you use to measure your success? Scale? Measurements? Waist-hip ratio? Body Mass Index?

For today's exercise, calculate your waist-to-hip ratio and body mass index and share them in the group.

- **Body Mass Index (BMI)** – determines a healthy weight for you in proportion to your height. Your score should fall between 20-25. A score of 27 or higher could suggest that your weight could pose potential health problems. Calculate your BMI here: [BMI Calculator](#)
- **Your Waist-to-Hip-Ratio (WHR)** – gives you an indication of the potential health risks of where you carry your weight. Studies show that people who carry their weight in their abdominal area are at a higher risk for certain life-style diseases such as diabetes and heart disease. Calculate your waist-to-hip-ratio here: [Waist-to-hip-ratio](#)

## Setting Attainable Goals

Now it's time to get real about what is and is not possible.

There are certain things about yourself that you may not ever be able to change no matter how hard you try. If your mother, aunts, grandmother, great-grandmother all had wide hips, chances are that you will never look like Cameron Diaz no matter how hard you try. Here is where aligning your goals with the Word of God will really come in to play. God will show you what is possible for you. Have you ever thought about asking Him to show you how much you should weigh?

Here's an example of non-attainable goals:

- decreasing your hips to 24 inches while increasing your chest size to 38C

Here's an example of setting an attainable goal:



- attaining a healthy BMI of 24 and waist to hip ratio of .75

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jer 29:11*

We see that whatever God has given us, it is good. We see that if we can align our goals with God’s then He will prosper us.

When you take the time to seek God, he will show you what is attainable for you. It may not be what you want, but know that will be good.

### ***Scripture Reflection***

*“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” ~ Ps 139:14*

### **Setting Realistic and Relevant Goals**

Are your goals in line with your Christian values and based on something that is possible based on your current lifestyle? What may be realistic for someone else may open the door to sin for you if it takes you to a level of extreme. What may be right for the rest of the world may not be the right thing for you as a believer. We must pray and ask for wisdom when we create our goals.

Here are examples of unrealistic goals:

- I will only eat 800 calories per day until I lose the weight
- I will never eat sweets again
- I will go to the gym every day for 2 hours

Here are examples of realistic goals:

- I will eat 1500 calories per day
- I will walk for 30 minutes per day
- I will eat healthy 80% of the time

Here are examples of an irrelevant goal:

- I will have my stomach stapled so I stop overeating
- I will continue to follow the latest diet

Here are examples of relevant goals:

- I will weigh what God wants me to weigh by learning what his plan for my health is.
- I will create a healthy meal plan based on what my body needs
- I choose exercise that makes my body feel good

*“Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified.” 1 Cor 9:26-27*

In the above scripture, Paul is talking about his salvation but we can apply the same principle here to our health. He (we) must control his (our) body and not the other way around. He must train properly with focus and discipline in order to be successful. He (we) must prepare his (our) body the right way so that we don't disqualify ourselves.

## Setting Time-Bound Goals

Time-bound goals means that your goal should have a start date and an end date. The amount of time that you give yourself to attain your goal should create a sense of urgency yet should also be realistic enough that it is possible to achieve it. Your mind will adjust accordingly to the deadlines that you set for yourself to accomplish. No timeline means little or no accomplishment.

If you've ever said to yourself, “I can't believe that I'm still here” or “I can't believe that I'm still struggling with this same issue” then you know that days, months, years and even decades can quickly pass and you can still find yourself at the same place.

*“Therefore be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil.” Eph 5:15, 16*

Putting an end date on your goal does a number of things:

- it creates a sense of urgency
- it helps you to create realistic timelines to work towards
- it will keep you motivated
- it will give you a realistic sense of the amount of effort you need put in to achieve our goal
- it will help you manage and schedule your time

*“So teach us to number our days that we may get a heart of wisdom.” Ps 90:12*

Today you’re going to put together all of the principles and write out your goal.

**Step 1:**

Record what you believe should be your ideal weight.

**Step 2:**

Go to my fitness pal and see what weight range it gives you and make sure that the weight you recorded in step 1 is in line with this number.

<http://www.myfitnesspal.com/tools/bmi-calculator>



**Step 3:**

Determine how much you are willing to do each day to achieve your goal. (If you have not already done so, spend some time in prayer.)

- .5 pound per week will require you to either consume 250 calories less per day, exercise an additional 250 per calories per day or do a combination of each (eat 125 less and exercise 125 more).
- 1 pound per week will require you to either consume 500 calories less per day, exercise an additional 500 per calories per day or do a combination of each (eat 250 less and exercise 250 more).



- 2 pounds per week will require you to either consume 1000 calories less per day, exercise an additional 1,000 per calories per day or do a combination of each (eat 500 less and exercise 500 more).

**(I would suggest starting at .5 pound per week)**

**Step 4:**

Write out your goal based on the above:

Here are a few examples:

I \_\_\_\_\_, will release 50 pounds (kgs/stones) by February 15, 2018 by releasing 2 pounds per month. I will do this by learning what foods are right for my body and cutting my calories by 250 per day. I will exercise at least 6 days per week for 30 minutes and I will learn to see myself the way God sees me.

I \_\_\_\_\_, will release 100 pounds (kgs/stones) by June 1017 by releasing 5 pounds per month. I will join a walking club and walk for 1 hour per day and add weight training to my workout. I will also track my food on [‘myfitnesspal’](#) and maintain my calories at 1400 per day. I will spend time in prayer each morning and ask God to order my steps.