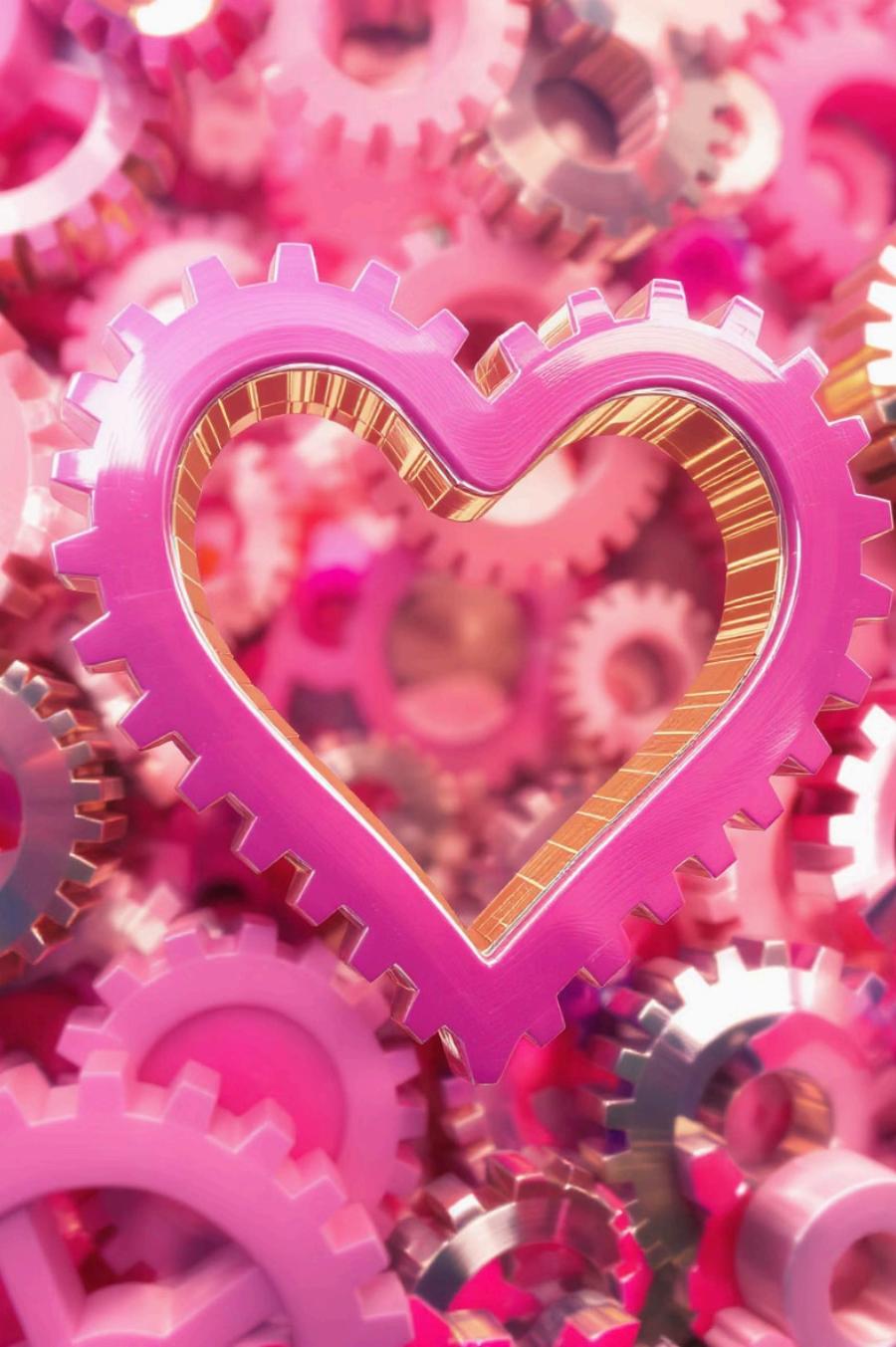




Setting a SMART Goal for Building a Relationship

Building strong relationships requires intentional effort. The SMART framework provides a clear path to achieve meaningful personal connections. This presentation explores how to apply Specific, Measurable, Achievable, Relevant, and Time-bound principles to relationship goals.



Why Use SMART Goals for Relationships?

Clarity & Structure

SMART goals provide clear direction. They outline precise actions for personal connections. This removes ambiguity in your efforts.

Motivation & Tracking

They enhance motivation through visible progress. You can easily track your development. This keeps you engaged and committed.

Foundation for Growth

These goals build strong foundations. They foster shared vision and continuous growth. Relationships thrive with clear objectives.



Example SMART Goal: Deepening a Family Bond

"I will strengthen my relationship with my father by calling him twice weekly and meeting for breakfast every Sunday until the end of the month, then re-evaluate and set new goals."

This specific goal targets family connection. It outlines precise actions for engagement. This approach ensures consistent and meaningful interaction.



S – Specific



Who, What, When, How

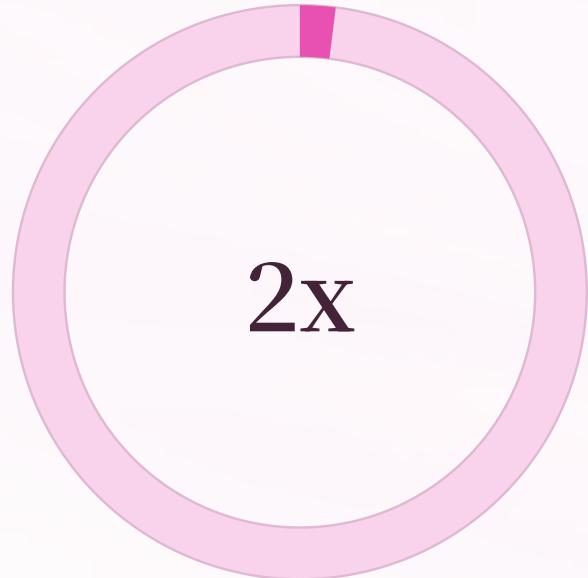
The goal clearly defines the **who** (father), **what** (calling, breakfast), **when** (twice weekly calls, Sunday breakfast), and **how** (consistent interaction).



Focus: Calls & Breakfast

The focus is narrowed to two key activities: phone calls and weekly breakfast meetings. This prevents aimless efforts and ensures targeted engagement.

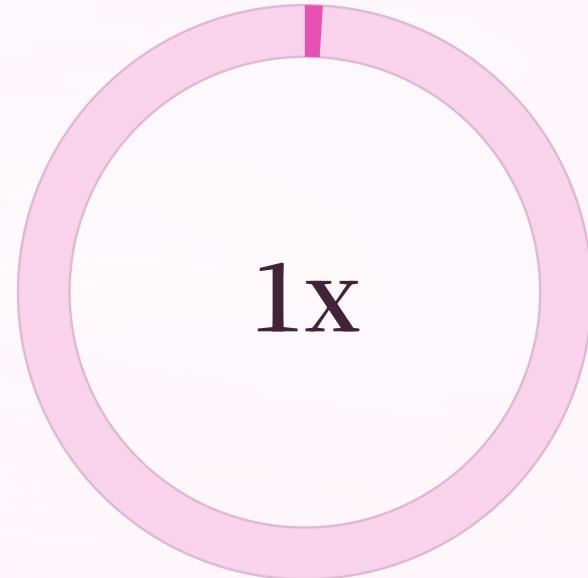
M – Measurable



Calls Per Week

Progress is tracked by the number of calls made each week. This numerical target makes accountability straightforward.

Phone reminders provide accountability for calls. Scheduled Sunday breakfasts ensure commitment. Both elements contribute to consistent progress tracking.



Meetings Per Week

Weekly breakfast meetings are a quantifiable measure. This ensures regular, face-to-face interaction for bond strengthening.

A — Achievable

Fits Routine

The goal is realistic and fits into current routines. It does not demand excessive time, preventing burnout. This makes it sustainable.

Time Commitment

Recent improvements in work-life balance make this goal achievable. There is now ample time for follow-through. This supports consistent effort.



R — Relevant



Deepens Connection

The goal directly enhances understanding. It strengthens emotional bonds. This fosters a closer, more meaningful relationship.

Aligns with Values

This objective aligns perfectly with personal family values. It reinforces the importance of kinship. This creates intrinsic motivation.

T - Time-Bound

The goal initiates this Friday. The plan maintains until month-end. This fixed period creates urgency and focus. Reassessment occurs at the deadline. New objectives are then set for future steps. This ensures continuous growth and adaptation.

