



# Sacrifice and Success

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Goal Setting for Lent

According to one study, participants who wrote down their goals were 42% more successful at achieving their goals (Group 2).

## Mean Goal Achievement

Group 5 > Groups 4,3,2,1

Group 4 > Groups 3,1

Group 2 > Group 1



Sharing your goal with someone is taking accountability and making a commitment and even greater success (Group 4).

## Mean Goal Achievement

Group 5 > Groups 4,3,2,1

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Participants who reported their progress were most successful (Group 5)

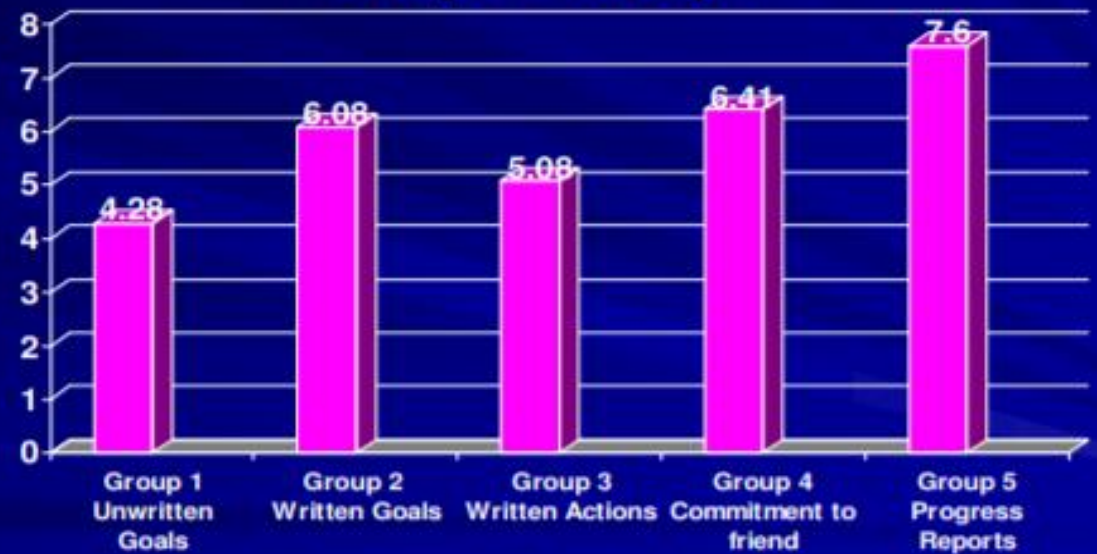


## Mean Goal Achievement

Group 5 > Groups 4,3,2,1

Group 4 > Groups 3,1

Group 2 > Group 1





## **Making a SMART Goal:**

**S**pecific

**M**easurable

**A**chievable

**R**elevant

**T**imed

A pair of antique-style binoculars with a yellowed, worn strap. The binoculars are made of metal and glass, showing signs of age and use. They are positioned on the left side of the image, with the barrels pointing towards the right. The background is a light, textured surface, possibly a piece of paper or fabric.

## **Making Your Goal *Specific*:**

What, exactly, are you trying to accomplish?



## Making Your Goal *Specific*:

- Why is this goal important?
- What is the reason for your goal?
- Make committed statements:  
Choose words like  
“I do” or “I don’t”  
“I will” or “I won’t,”  
Instead of “I can” or “I can’t”  
“I should,” or “I shouldn’t.”



## Making Your Goal *Specific*:

- Who is helpful or necessary to achieve this goal?
- Consider who will be affected by this goal being accomplished or not accomplished, and those along your path to completion.
- Who supports and encourages you?





## Making Your Goal *Specific*:

- Who will keep you accountable?
- Who helps you come up with new ideas and solutions?
- Should you consult with a spouse, spiritual advisor, or counselor?

A pair of antique binoculars with a leather strap, resting on a textured surface. The binoculars are made of brass and glass, showing signs of age and use. The leather strap is dark and worn. The background is a light, textured surface, possibly a piece of paper or fabric.

## **Making Your Goal *Specific*:**

If a location is relevant to your goal, state where it is.



## **Making Your Goal *Measurable*:**

How will you measure your accomplishment?

- Prayers and Devotions: Frequency
- Fasting: Always, Specific Days
- Almsgiving: Dollars, Percent, Instance

A pair of antique binoculars with a leather strap, resting on a textured surface. The binoculars are made of brass and glass, showing signs of age and use. The leather strap is attached to the top and is slightly worn. The background is a light, textured surface, possibly a piece of paper or fabric.

# Making Your Goal *Achievable*:

- Is this a reasonable goal?
- What will help you succeed?
- What preparations do you need to begin?
- Are there helpful people or programs to assist your growth?



# Making Your Goal *Achievable*:

- What are the obstacles to achieving this goal? How will you overcome them?
- What has your past experience taught you and how will you use those lessons to succeed?
  - What has worked in the past?
  - What encourages you that will help you keep momentum?
  - What discourages you? How will you regain your motivation?

# Making Your Goal *Achievable*:

- How and when will you know if you are off course or need to change your methods?
- Failure is an opportunity! Commit to begin again

*"I have not failed 10,000 times. I have not failed once. I have succeeded in proving that those 10,000 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."*

- Thomas Edison





## Making Your Goal *Relevant*:

- Does the goal make sense?
- What's missing or needs removed to make it relevant?
- What will happen if you achieve your goal? What if you don't?
- Is it suitable for you, your vocation, your family, and your state in life?

# Making Your Goal *Timed*:

- When should / will / does it need to
  - ... begin?
  - ... be complete?
  - ... advance to the next stage?





# Adopting Systems to Meet Goals

**How do you eat a crocodile?  
One bite at a time!**

- What are the systems or habits to incorporate to achieve your goal?





# Adopting Systems to Meet Goals

What are some things you do regularly that you may not even realize?

- Go to work → Get a paycheck → provide for yourself, your family, and the needs of the church
- Go to school → Get an education → Learn a skill or get a job that suits your gifts and pays for your needs and others'

# Adopting Systems to Meet Goals

What are some things you do regularly that you may not even realize?

- You attend Mass to grow into the person God made you to be, to serve the Lord, and to become a Saint for eternity with Our Lord
- Your weekly or daily routine is a system.



# Adopting Systems to Meet Goals

What are some things you will incorporate regularly to realize your goals?





## Working Example

- SMART Goal:  
“I will pray the Angelus daily at 6 am, noon, and 6 pm.”
- What system will you put in place to meet this goal?
  - Learn the prayers or have them available to follow and make sure they are with you for prayer time
  - Perhaps you will learn the history and Scripture



## Working Example

- SMART Goal:  
“I will pray the Angelus daily at 6 am, noon, and 6 pm.”
- What system will you put in place to meet this goal?
  - Perhaps you will share your goal with someone who will keep you accountable or join you in your prayers
  - Write your goal on a calendar or the refrigerator



## Working Example

- SMART Goal:  
“I will pray the Angelus daily at 6 am, noon, and 6 pm.”
- What system will you put in place to meet this goal?
  - Ensure you are awake by 6 am by getting to bed on time and setting an alarm
  - Make time and add alarms at noon and 6 pm



## Working Example

- SMART Goal:  
“I will pray the Angelus daily at 6 am, noon, and 6 pm.”
- What day will you begin?
- Will you continue past Easter?





## **Track your progress and update your goals as you move forward**

- A check-list may be helpful to use to keep track or to review why you may have missed to overcome similar instances in the future
- Remember to celebrate your success with acts of thanksgiving!



## **SMART Goal:**

**S**pecific

**M**easurable

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**State your goal as a  
SMART Goal**

Make the commitment

Write it down

Tell someone



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Thank you  
Have a blessed Lent!