








@decisiveleadership

Inspiring Leadership, Driving Success

REACHLX
CERTIFIED PRACTITIONER

VALUE
Builder
CERTIFIED

S	SPECIFIC 	Lose weight Lose 1Kg by the end of May
M	MEASURABLE 	Be more social 4 hours per week with friends
A	ACHIEVABLE 	Save all of my pay every week Save \$50 per week
R	RELEVANT 	Learn the guitar Learn the guitar so I can play at my birthday next year
T	TIME-BOUND 	Start reading a book Finish that management book by Friday
E	EVALUATED 	The time is up, move on. How well did I achieve? How will it impact the future?
R	REWARDED 	Effort does not get rewarded I will be rewarded for effort