

PICK YOUR MEATY SUMMER PROJECT



Listen to Podcast 595 - Pick Your Meaty Summer Project to learn more about SMARTIE GOALS and hear Lisa's suggestions for summer projects!



Space Or Subject

What space of your home or what subject/person do you want to focus on?



Measurable

How do you want to feel about this space or subject?



Aesthetic

Evaluate the aesthetic you want and how you can achieve that within your time and financial restraints



Reactive to Proactive

As you work toward this goal, how can you become more proactive in this space or with this subject?



Things in Order

This is a life's work not a weekend project. Create doable steps and an order to the project.



Iterative

What are the things you can do now? How will you maintain this goal/space/subject in the future?



Ease

What can you do to make achieving and maintaining this goal easier and enjoyable for you?