



MJ JOHNSON

LIFE COACH &
PROFESSIONAL
PROBLEM SOLVER

ABOUT ME

I am a life coaching and a professional problem solver who has a background in psychology and business. My life purpose is to guide others to the life they dream of!

Today starts the beginning of your journey!

Please email me or schedule a consult if you have questions.

Are you stuck on repeat
with negative outcomes?
Do you keep running
into the same issue?

CONTACT

((617) 433-7214

mj2coachingpositivity@gmail.com

www.mj2coaching.academy

CREATING SMART GOALS

Creating goals can help you overcome issues and the stuck feeling.

S Specific

- Be clear
- Define your goal
- Use details

M

Measurable

- *Make small goals that can be mapped out*
- *Identify what will indicate progress*
- *Small pieces*

A

Attainable

- *Something you can accomplish*
- *Something that will take your deliberate effort*
- *Does not require magic or hail mary*

R

Relevant

- *Relates to the feeling of being stuck*
- *It will get you over the barrier*
- *Aligns with your life/religion/culture*

T

Timed

- *Easy to put a time/deadline to*
- *Set a REAL end date*
- *Use a calendar to track progress and section completion*