

Making the Most of Your 2021 Goals

By Amber Roberts, University of Minnesota Extension

Over 164 million Americans made New Year's resolutions for 2021. By February only 25% of those who set resolutions will still be working towards their goal and fewer will actually accomplish their resolution. How can you make the most of your goals for the new year?

Start by setting SMART goals. SMART is an acronym that can guide you to craft concise and realistic goals. SMART stands for:

- S - Specific
- M - Measurable
- A - Achievable
- R - Relevant
- T - Timely

Using the SMART goal format can help to provide more specificity to your goals. SMART goals can help you recognize where are you right now and where you want to go.

Start with your long-term goals and break them down into small chunks. What are the small steps that you can take now to accomplish your big goal? By breaking down major goals into a series of smaller steps, you create a roadmap to success, and accomplishing the smaller beginning goals can help to catalyze progress towards accomplishing your long-term goals. This step-by-step, little-by-little approach to goal setting is especially useful in the context of farm transfer and estate planning.

Put your goals down in writing! Writing your goals on a piece of paper increases the likelihood of accomplishing your 1100%. Dream big and set bigger goals. "A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true." - Greg Reid.



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Learn more about SMART goals and goal setting with Extension Educator Megan Roberts by watching this recording of our [Transition Thursday: Goal Setting Webinar](#). This one hour, once per week webinar series is ongoing and held Thursdays at noon through January, for more information visit z.umn.edu/farmtransition or email Amber Roberts, amberr@umn.edu.

An option to learn more about goal setting in the context of farm transition is to utilize a resource offered as part of the Farm Business Management program. A four-part interactive Zoom series for farm families wanting to develop a farm succession plan will be offered Thursdays at noon to 1 pm on consecutive Thursdays, February 4, 11, 18, and 25. In between sessions, we will recommend further completion of activities. A second option is an in-person retreat (tentative at this time, due to COVID-19) at Alexandria Tech and Community College, offered Friday evening, March 12, 4:30 - 8:30 pm and Saturday, March 13, 8:00 am - 4:00 pm. Jim Molenaar, from St. Cloud Technical & Community College, and Megan Roberts will co-lead the in-person retreat.

Discuss this topic with your Farm Business Management instructor or for more information about the farm transition retreats and registration go to z.umn.edu/generationaltransition, email Megan Roberts, meganr@umn.edu, or call Cindy Kantor 320-308-6641.



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