

SMART GOALS SMART FITNESS RESULTS

Fit Tips 33-brought to you from my upcoming short book called CARBS & CALORIES



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A goal is simply a wish without a written plan

What turns your goal from a wish? That is the dilemma for most of us when trying to get started on our fitness journey. Before I came across the acronym S.M.A.R.T., which stands for Specific, Measurable, Achievable, Relevant, and Time-bound, a goal was merely a dream deferred. S.M.A.R.T. goals revolutionized the exercise game for me.

1. Your plan

My suggestion prior to putting a goal down on paper, which I highly recommend, is to affirm it in your mind first. Again, a lofty idea **(wish)** seems a lot less logical when it's allowed time to fester inside your head. For example, let's take a person who has never worked out a day in their life and wants to achieve results like Arnold Schwarzenegger within a year, is this realistic? Absolutely, not. Why? Because Arnold trained for years, intensely, to achieve the outcome that made him a body building superstar.

However, is it achievable-yes it is. There have been men who have come and gone who have more Mr. Olympia titles than Arnold. Yet, they didn't do it with a whimsical wish. Unfortunately, if you haven't noticed life is not easy for most of us. Whenever, we want something [unless you're a criminal] you will have to work for it. *Most people do not just have things given to them, especially men.*

You need a plan. A step-by-step process so you don't become discouraged and quit. That is why I recommend S.M.A.R.T. goals.

2. It will change your life

As I've said in past articles, everything starts in the mind. That is why this section of my blog [*Fit Tips 33*](#) is focused on getting your head in the game of fitness way before you enter the gym or pick up a barbell. *The goal is to teach you not to quit.* And coming from a guy who seemed to give up on himself constantly in the past, this is a great accomplishment. To be able to have a consistently disciplined mindset.

I can't take all the credit though, because I learned how to properly write out and realize my goals from a man called Michael Santos who is the CEO of **Prison Professors**. What he taught me about goal setting is to be smart about it. That is why I suggested writing them down on a piece of paper. There is something about making a commitment in our minds that sticks, when we commit our thoughts to paper. This also works when you create a workout routine. Write down how many sets and reps you do. This way you have an organized point of view of your progress. This will also give you encouragement to continue towards success when no one else is around to cheer you on.

3. Be specific

I'm not sure if you noticed but the more vague you are about what you want in life the more it seems to elude your grasp. What is happening? You have not set a repetition clock internally. What is a repetition clock? As human beings we learn through habit or repeated patterns that train the brain to become faster and faster at achieving similar results from our past. And it doesn't matter whether your intentions benefit you or not.

When we are specific, we project a clear intention to the rest of our body. *We tell ourselves this is what I want to gain or experience in the future.* There is no confusion with what we want. This will take practice and will power so be prepared to work for what you really want. That is why it is important to know what you can and cannot realistically achieve within the moment. I'm not saying you can not get what you want ever,

what I mean is at this very moment if you weigh 300 lbs do you really believe you'll be able to see your abs in three months?

4. How bad do you really want it

It's one thing to say there's something you want and it's another thing to actually go out and try to obtain it. I can declare all day to myself that I want to lose weight and then wonder why I'm not losing extra fat when I don't like to count calories. At the end of the day it comes down to organizing our time around our goals. A lot of people float through life on their feelings. Don't be one of these people. A determined will is a motivated will that can attain greatness. You should ask yourself, *at least in the beginning*, how bad do you really want your goal-whatever it is?

5. Allow time to take over

One of the biggest results builder I've experienced in my life was a teaching by Dr. Joe Dispenza, author of **Your Are the Placebo**. It's when we do our part, consistently work toward goal achievement and at the same time expect the unexpected. Very important. We have to allow life, the universe, God, whomever your higher power is to take over. You've done everything humanly possible to work your ass off towards your goals. Allow the fun to take over by not setting a time limit.

What I mean is just because I set a goal to become a copywriter who can support himself financially without a traditional 9 to 5 by 2027, does not mean I failed if I achieve this goal in 2028. The point is to NEVER stop working towards successful completion of what you want.

6. Life is unpredictable and so are our goals

One of the joys of goal setting is sometimes getting what you want earlier than you predicted!

This has happened to me numerous times and is a great motivator towards obtaining bigger and better results in the future. I also

recommend not to be too hard on yourself if failure occurs. Just don't quit. To quit means stopping forever. I'm not talking about you didn't accomplish your goal in the time frame you set for yourself; or you had to tweak your goal because as life shows us often we do not know everything and many times what we set as a goal doesn't fit into our life as perfectly as we'd like it to. But you say "ah fuck it" and do a 180 degree turn and go in the opposite direction of your intended desires for good.

Be ready to change little aspects of your goals but not the overall basis of what you truly want. Your goals will change as you do. This is called harmony. So, get out there and start committing your goals to paper and watching yourself grow into the life you were designed to truly live.
