

Three Goal Setting Apps for Taking Aim in your Life

By Samantha Schilke; October 1, 2015

Looking for an easy way to Take Aim! in your everyday life? Check out these three goal setting apps to help you become more effective both in and out of the workplace.

Optimized, \$3.99 “Record, analyze, and improve your life with Optimized.”

With Lifeblogging, Optimized helps you track your everyday activities, places you visit, people you meet, your mood and other things. By tracking your moves, you become more aware of activities you want to change and others you may want to do more or less of. This awareness is a key part of Taking Aim. Optimized tracking you will teach you how certain things affect your mood and energy throughout the day, it can also automatically track steps and other fitness tools through the Apple Health app.

Optimized also includes a personal life coach named Ari. This coach will help with motivation about what has been tracked and the goals you set. This app also included many charts and correlations created from data you collect. Helping you visualize where you headed and how you're doing on your goals. You can also choose what you track and personal your goals.

<http://optimized-app.com/>

Smart Goals, \$2.99 “Your goals, dreams, and habits are now all in one app.”

Smart goals separates what you desire into habits, goals, and dreams. It defines your habits as your character, what you repeatedly do. Goals are defined as dreams with a plan, what gives your life a purpose. While dreams are described as your legacy, what makes your life extraordinary.

Smart goals uses this simple trio to help you define your life and where you want to go with it. With your habits, you will be able to track the frequency and consistency of your daily routines. It encourages you to take pride in your stats and how consistent you can be. Smart goals help you make your goals Specific, Measurable, Actionable, Relevant, and Timely, letting you set and accomplish smaller milestones on the way towards your dreams. Lastly, it keeps track of your bucket list dreams, letting them become goals when necessary.

<http://www.smartgoalsneverfail.com/>

Lifetick, free (web-based app) “Start achieving your dreams today.”

Lifetick helps you synchronize your goal setting across all devices and throughout your company. Some of its features includes establishing your core values, following the S.M.A.R.T. methodology, journal entries, tracking, dreams, and charts to establish what you want in life and where you want to go. This tool can be used throughout your company to help motivate your staff on their individual and team goals as well.

With a dashboard that lets you track your goals immediately and monitor your progress. Lifetick also encourages you to share your dreams and goals to help gain supporters to cheer on you and your team successes. This is a huge component of Take Aim! and creating allies in the goals you are pursuing.

<http://lifetick.com/>

At TeamStrength, it's our goal to help you Take Aim! to accomplish more for yourselves and your organizations. These apps can help. Technology can play a role not only in your own personal development, but the development of your employees and company as well.