

Goal Setting

SMART Goals

When setting goals, it is best to set goals that are specific and achievable. The SMART goal principle will help you stick to your plans.

The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

S _{PECIFIC}		<u>Specific:</u> What exactly do you want to achieve?
M _{EASUREABLE}		<u>Measurable:</u> Means that you identify exactly what it is you will have increased (or decreased) when you reach your goal. (What will you see, hear feel when you reach your goal)
A _{CHIEVABLE}		<u>Achievable:</u> Is your goal attainable with the resources (time, money, etc.) you have available? (Does it make sense to have some milestone mini goals to keep you focussed?).
R _{ELEVANT}		<u>Relevant:</u> Is reaching your goal relevant to your overall objectives in life? Are you able to commit to achieving the goal?
T _{IMELY}		<u>Timely:</u> You need a clearly defined timeline, including a starting date and target date.