



SMART Goals



*S*pecific

What goal do you wish to achieve?
What/where/who/when/why? Add as much detail as you can.

*M*easurable

How will you track your progress? How will you know when you've achieved your goal?

*A*chievable

Will your goal challenge you, whilst still being attainable?

*R*elevant

How does your goal fit in with your long-term aspirations and life values? Will your goal meet your needs?

*T*imed

How long will it take to achieve your goal? Are you setting a deadline to help focus and motivate?