



SMART Goals

Every week. Set up some goals for yourself. Writing down your goals is a tool that helps you stay motivated and get yourself organized. People who write down their goals are more likely to achieve them.

SPECIFIC

Be very clear in what you want to achieve.

Consider breaking the goals, down into smaller steps.

MEASURABLE

What will be different?

What will you have started or be doing regularly?

What will you have stopped or be doing less of?

ACHIEVABLE

Ensure your goals are something you know you can achieve.

Consider setting smaller goals on your way to the big one.

Celebrate your successes.

If you don't achieve what you set out to, then ask what you could do differently, what would make it more likely to succeed next time?

REALISTIC & RESOURCED

Are there any resources you that can help you achieve your goal?

TIME LIMITED

Set a reasonable time limit to achieve your goal.