

SMART GOALS



SPECIFIC

- Who: is the goal for?
- What?: is it that you want to achieve?
- Where?: is the location?
- When?: are the timeframes?
- Why?: do you want to achieve this goal?
- Which?: are the requirements or constraints holding you back?



MEASURABLE

When you frequently measure your goal, you know more about how far you are and how well you are doing. It gives you frequent motivation to achieve your goal



ATTAINABLE

Goals can be attainable when steps have been planned out to help you achieve them. When goals are important to you, you develop attitudes, skills/ability, beliefs and financial capacity to ensure your goal comes true



REALISTIC

To make a goal realistic, it must represent something you really want and are willing to take the steps to getting there. Having a high goal to reach is more empowering as it gives you motivation to achieve it.



TIMELY

A goal must have a timeframe; not having a timeframe gives you no urgency to complete your goal. Include times and dates etc.