



SMART Goal Setting

Specific	Measurable	Attractive	Realistic	Time-Framed
Focus on clearly defined activity that will take you out of your comfort zone. If broad, break it down and be more precise	Think about how you will measure your progress and achievements. Look at your goal from all angles to consider its impact more broadly eg on those around you	Its might sound obvious but its important to focus on goals that you actually want to achieve. Without a drive to succeed or an emotional connection, the chances of success are slim.	Set goals that you can realistically achieve in your chosen time frame. Goals should be stretching and ambitious, but you don't want to set the bar too high and set yourself up for failure.	Every goal needs a clear deadline, whether it is short or long term. One that is realistic but will also keep you motivated to achieve it.
Ask Yourself:	Ask Yourself:	Ask Yourself:	Ask Yourself:	Ask Yourself:
Would this make sense to someone hearing it for the first time? Will achieving it really help me grow?	How would I evidence my success? What would be different? What would others see?	How much do I really want this? If the answer is 'not that much' what would make you want it more? Or consider a different goal.	Is this something I can really achieve with all the time and resources I have available? If the answer is 'no', either review your deadline or break down your goal into smaller chunks.	When to I want to need to have achieved this by? Can I make that happen within my timeframe? What needs to happen or be in place for me to achieve it by then?



My Goal(s)

Goal 1:				
Specific	Measurable	Attractive	Realistic	Time-Framed
Goal 2:				
Specific	Measurable	Attractive	Realistic	Time-Framed