



Goal Setting – ‘SMART’ Goals

When setting a goal for yourself it is always a good idea to make it a **SMART** one!

Specific and Measurable: Can I identify my goals? What do I want to achieve? How will I know when I have got there? How many? The questions ensure you can work out when you have achieved the goals, and celebrate the fact.

Achievable, Realistic and Timebound: Can I achieve this? What do I need? What are the likely problems? Am I being realistic? Do I believe this is possible? Am I willing and able to work for this? Can I do this in a reasonable time frame? The questions ensure you're not trying for the impossible.

Please write your goals in the space provided below.

	Self	Relationships	Work
Within one week			
Within one month			
Within own time frame			