



# Goal Setting

## SPECIFIC

- What do you want to achieve and WHY?\*

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\*The WHY is important as it reinforces the reason behind your goal

## MEASUREABLE

- How are you measuring the success of the goal?

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## ATTAINABLE

- How important is this to you?
- Is this goal realistic?

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## RELEVANT

- Is this goal connected to what you want to achieve?\*\*\*
- If yes, Why?
- Are you capable of achieving it?

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\*\*\* If the goal is not relevant or connected to your desired outcome, don't attempt it now.

## TIMELY

- What timeframe is realistic?

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## Your SMART Goal

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