

# SMART TARGETS

## What are Smart Targets?

Sometimes the goals we set aren't always achievable for one reason or another. SMART goals are a great way to consider and refine your goals to ensure you are best placed for success!

**S** **Specific.** Try to make your goal specific, be clear on what you want to achieve and how!

**M** **Measurable.** Consider how you will measure your progress?

**A** **Achievable.** Make sure your goal is realistic, something you enjoy and one you know you can achieve!

**R** **Relevant.** Think about why your goal is important to you? Your goal should be specific to you and your long term goals!

**T** **Time-sensitive.** A date attached to our goals helps us to stay focused and inspired, helps us to plan and gives us something to work towards!

## Top tips for setting Smart Targets!

1. Choose a goal that's important to you!
2. When setting a goal, make sure to create one with a positive tone!
3. Focus on the process and the progress you're making, no matter how big or small!
4. The path to achieving a goal isn't always straight forward, show yourself some Compassion!



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**Specific:** What would you like to achieve?

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**Measurable:** How will you know you have achieved your goal?

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**Achievable:** Is your goal realistic? Consider making a plan on how you will achieve it!

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**Relevant:** How does this goal link to what's important to you?

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**Time sensitive:** What is a good amount of time to reach your goal? Think about setting a date or a period of time!

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