

SMART Goals

'A goal properly set is halfway reached.' Zig Ziglar

Turning your aspirations into S.M.A.R.T. goals helps to clarify what it is you want to achieve and gives you a greater chance of achieving it. When writing S.M.A.R.T. goals use concise language.

Write your goal here:

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Specific. What specifically do you want to achieve? Consider the where, when, how, what, with who, for your goal.

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Measurable. How will you know you have successfully met your goal? Measures could be time, \$, kilo's, school marks, etc.

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Achievable. Is it challenging yet possible. Stretch yourself while keeping it in reach. What skills do you need to achieve it? What resources do you need? How will you obtain them?

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Realistic. Consider your barriers to success as well as those that empower success. How will you overcome the barriers and leverage those that empower?

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Time-bound. When will you start, when will you achieve it by and what are the milestones along the way?

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Write your S.M.A.R.T. goal here, starting with 'I will':

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