

# Smart Goals

## **S** Specific

Don't make your goals too big or too general. Know exactly what is required to reach that goal.

## **M** Measurable

The only way you will know if you have achieved your goals is if you can measure them. Achieving a high mark in an exam is measurable. Beating your personal best time is measurable.

## **A** Achievable

Make sure your goal is realistic in terms of your ability and aptitude and that the time frame is appropriate for what you are trying to do.

## **R** Realistic

Aim for simple steps in the right direction. Don't aim for an 'A' if you are getting a 'D' at the moment. There is no point in setting a goal if you can't realistically achieve it.

## **T** Time Bound

Have an end point by which time you want to have achieved your goal.