

Setting SMART Goals

What could you
achieve in the next
30 days



Choose ONE and
write it here

My goal: _____

I will achieve this by _____

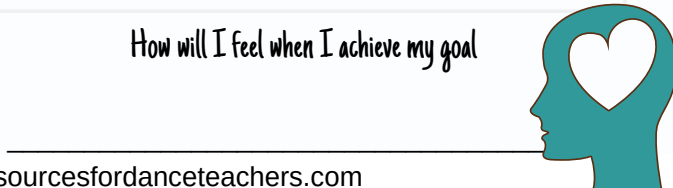
The date in 30 days

Things to do today

Things to do this week

Things to do this month

How will I feel when I achieve my goal



S Specific. Say exactly what you want, not just generally. eg a triple turn, not just be a better turner

M Measureable - you need to be able to tell how close you are to achieving your goal.

A Adjustable - you need to be able to adjust your goal if necessary

R Realistic - make sure you are aiming for something achievable

T Timed - set a deadline