

GOAL SETTING

S.M.A.R.T

S

Specific, the goal that is being set must be specific to you as an individual, group or community.

M

Measurable, there needs to be a measurable aspect to the goal so that it can be worked towards, for example, saying 'hey, how are you going' to 5 people today. 5 is the measurable aspect of the goal.

A

Achievable, the goal must be a goal that has the ability to be completed. These can be small goals in order to achieve a larger outcome.

R

Realistic, the goal being pursued must be realistic in its ability to be achieved, as well as realistic for the desired outcome.

T

Time Frame, all good goals have a specific time frame attached to them. Providing a realistic end date to the goal will allow for motivation and dedication.



OUTSIDE THE LOCKER ROOM