

## Setting SMART Goals will help improve performance

### Specific

- Clearly see what it is you want to achieve
- Have specific standards for that achievement
- It is important that you actually write them

### Measurable

- Need a way to measure progress
- Lets you know when goal is achieved
- Feeling the progress helps maintain motivation

### Attainable

- You see a realistic path to achievement
- Do not lower your aim there must be ambition
- Goals that work best have a challenge in them

### Rewarding

- You have clear reasons why you want to reach the goal
- It is important that the goal is really yours
- Imagine how you will feel when the goal is reached

### Timely

- Goal must have a specific TIME LIMIT
- Setting the deadline will ensure efficiency
- Clear time limits will ensure it fits with your other goals

**My SMART Goal is**