

SMART goals

Specific – what exactly do you want to achieve?

Measurable – how will you know when you've achieved this?

Attainable – can you really achieve your goal?

Relevant – is this goal important to you, your life and your values?

Timely – when are you going to do it?

Here are some examples of what those things could mean.

Specific

- Be among the best at X
- Be the best in my field
- Be the top X in [city, region, county]
- Volunteer in [activity]
- Start [new hobby] or achieve new level in [hobby]
- Make X new friends
- Do X [number of] times a week
- Join X groups
- Tidy/organise X [room, area, house, garden]
- Run X miles at [pace]
- Cook X healthy meals a week

Measurable

- X times a week
- X times a month
- Every day
- X amount of money earned/saved every week/month
- Number of bags/boxes removed from house
- Number of rooms cleaned/tidied/organised
- X hours doing Y

Attainable

- I have X skills needed
- I have X relevant experience
- I have enough time to achieve this goal
- I can devote X hours to this
- I can spend £X on this

Relevant

- This is important because:
- Doing this will make X, Y and Z easier/better
- My values of X, Y and Z fit with this goal
- Achieving this goal will mean:

Timely

- I am doing X per week/month
- I am doing X every day
- I will achieve my goal by X
- I can start on [date]

Set your own SMART goal

This is my goal:

Specific

What exactly do you want to achieve?

Measurable

How will you measure your goal so you know when you've achieved it? Daily, weekly, monthly? In time, money, energy, fitness or something else?

Attainable

How will you attain your goal? What do you need? How much time a day or week? Do you need money or gear? Will someone have to help you and if so, whom? What skills and experience do you have to get there?

Relevant

How important is this goal to your life? How will achieving it impact on the rest of your life? What will you do once you've achieved the goal? How does it fit in with your core values?

Timely

When are you going to start working on your goal? How many hours a day, week or month? What do you want to have achieved in one month, six months or a year? How many times a day or week do you want to work on your goal?