



SMART Goals

SMART has become an established acronym for the definition for goal setting:

- S** – specific
- M** - measurable
- A** - achievable
- R** - rewarding
- T** - time-framed

When you setting your goals consider whether your goals are SMART goals.

SMART Goals

Specific

Clearly define your goal in detail – write it down and give it power!

Measurable

Identify the outcome you are expecting. What does it look like, feel like, sound like?
Include how to measure the difference between the start and end of the process?

Achievable

Is your goal possible? Has it been achieved before? Have you the resources?
Support yourself with successful examples of the who, how, what, why and when,

Rewarding

How will you recognise and celebrate the milestones towards your goal?
What will be your ultimate reward?

Time Framed

Set yourself a realistic time frame to achieve your goal.
Be prepared to be flexible, whilst motivating yourself with a clear target.

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