

# SMART Goals

Realistic change is well planned. Goals that are unrealistic can demotivate us and feel we can't change. But it was just the goal wasn't realistic. SMART goals are realistic and achievable.

Specific- be clear what the goal is, define it specifically.

Measurable- how will you know you achieved it. This keeps the goal manageable.

Achievable- is this goal possible?

Realistic/resourced- what do you need to do this, do you have it? How will you get it?

Time based? How long will this realistically take to achieve?