



## S.M.A.R.T. Goals

SMART is an acronym:

1. **S** - specific, significant, stretching
2. **M** - measurable, meaningful, motivational
3. **A** - agreed upon, attainable, achievable, acceptable, action-oriented
4. **R** - realistic, relevant, reasonable, rewarding, results-oriented
5. **T** - time-based, time-bound, timely, tangible, trackable

It is thought to be easier to achieve your goals if you are realistic. Using SMART can help you plan and achieve your goals.

Be aware of language used, vague language such as 'to be better at' 'understand more' 'more aware of' is not really measurable. However you can score your personal feelings on a scale of 0-10.

Here are some examples:

NOT SMART	SMART
I want to learn more	By August I would like to have read 2 books of interest to me. Or by next week I will apply for a local course of interest.
I want to spend more time relaxing	I will spend 10 minutes a day doing mindful breathing
I would like to have more hobbies	By next week i will contact my local library to ask about reading groups.