

S.M.A.R.T. GOALS

When writing your goal/outcome, make it:

- S** Specific/Short/ Expressed in Simple terms
- M** Measurable/Meaningful to you/There is More than one way to achieve it
- A** Achievable/ **As if now**: expressed in the present tense with future date /All areas of your life
- R** Realistic/Responsible/ Right for you
- T** Timed/Towards What You Want, Positive

‘Say it the way you want it!’

Example of a well formed SMART goal

It is the 31st December 20XX and I weigh 70kg. I feel fit, strong and healthy, and have exercised for more than 1 hour at a time, more than 3 times per week for the past 6 months.

It is the 1st August 20XX and I am a qualified vet.

It is 1st January 20XX and I am living in a 3 bedroomed house with a south facing garden in XXXXX, which I have paid for outright with my earnings.