

Goal Setting

S.M.A.R.T.

(Specific, Measurable, Achievable, Realistic, Time)

'Goal Statement' – What do you wish to achieve?		
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What are my about madium and languagements in relation to my (Coal Statement)?		
What are my short, medium and long term goals in relation to my 'Goal Statement'?		
Short:		
Short:		
Medium:		
modium.		
Long:		
What qualities to I need to achieve this?		
What quanties to theed to define ve this:		
How am I going to achieve my short, medium and long term goals?		
general genera		
Short:		
Medium:		
Long:		

Obstructions	Solutions
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•	•
•	•
•	•

Top-level athletes, successful business-people and achievers in all fields all **set goals**. Setting **goals** gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.