



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 short, medium and long term goals in relation to my 'Goal Statement'?

Short:

Medium:

Long:

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What qualities to I need to achieve this?

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How am I going to achieve my short, medium and long term goals?

Short:

Medium:

Long:

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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.