

# My Goals

## Top Tip:

Your Goal needs to be **SMART**

**S**pecific – precisely what are you going to achieve?

**M**easurable – how will you know if you have achieved it?

**A**ttainable – it must be realistic, within your capabilities

**R**elevant – it must be related to what you want to achieve overall

**T**ime Bound – put a date in your diary to complete the activity

Overall long-term goal:

*I want to achieve* \_\_\_\_\_

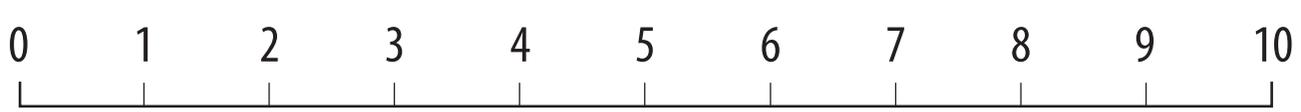
Weekly short-term goal that will help me achieve my overall goal:

*What:*

*When:*

## Ask yourself:

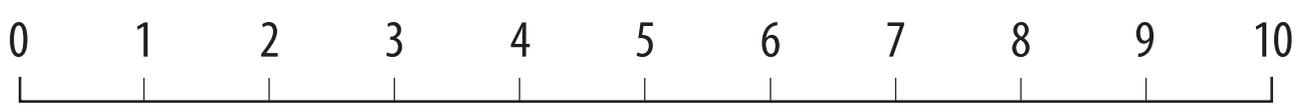
On a scale of 0-10, how important is it for you to achieve your overall goal?



0 = Not important at all

10 = Very important

How confident are you that you will achieve your overall goal?



0 = Not confident at all

10 = Very confident