

RESOURCES PAGE

'SMART' GOALS

Use the 'SMART' acronym to help with setting your goals!

S

Specific - Be clear with what you want to achieve.

M

Measurable - Determine how you will measure progress and know you've met your goal.

A

Achievable - Ensure the goal is realistic and within your capabilities.

R

Relevant - Make sure the goal aligns with your values and long-term goals.

T

Time-bound - Set a deadline to help you stay on track. If needed, you can adjust it - don't stress!