

Setting Goals

I want to:	I will...	By when...	What support might I need...
Goal 1			
Goal 2			
Goal 3			

Looking at your goals above, have you remembered to make them **SMART**:

Specific: What goal do you want to achieve, by when and why?

Measurable: How will you measure success and monitor your progress?

Achievable: Could you break down a larger goal into smaller, more manageable steps?
Or do you need any extra support?

Relevant: Is your goal something that needs to be completed now? Is it challenging and stretching enough to make you feel motivated, but not overwhelmed?

Time-bound: Have you set a realistic deadline to help make your goal more achievable?