

Take aim at success with SMART goals

S

Specific.

Write down your goals in clear, detailed words.



M

Measurable.

Identify signposts along the way that will show you're making progress.



A

Attainable.

Set goals you can honestly hope to achieve.



R

Realistic.

Make sure your goals represent your own wishes so you're willing to put in the work.



T

Timely.

Create a timeframe. Deadlines help you stay focused on the target.

