

SMART



<p>S (specific) – the goal must be specific and described as precisely as possible</p> <ul style="list-style-type: none">● What exactly do I want to achieve?● What exactly do I want to achieve?● What benefits will I have from achieving this goal?● What limitations may occur?	
<p>M (measurable) – the goal must be measurable, and therefore answer the question:</p> <ul style="list-style-type: none">● How will I know that I am making progress and that I have already achieved my goal?	
<ul style="list-style-type: none">● A (ambitious) – the goal must be a challenge for me, I must be motivated to achieve it● Why is this important to me?● How can I grow from this?● How will this be different from what I have now?	
<ul style="list-style-type: none">● R (realistic) –the goal must be realistic for me to achieve● What resources do I need?● Can I start doing it myself or do I need someone?● What influence do I have on its implementation?	
<ul style="list-style-type: none">● T (time-based) – the goal must have a time frame● What time limits do I set for myself?● How will I plan this over time?● When will I feel the results?	