

# SMART GOALS

You could say that the whole human endeavour is geared towards setting and achieving goals. Goals are part of every aspect of life: how you conduct your relationships, what you want to achieve at work in sport, the way you use your spare time... Everything comes down to priorities, and what you would like to accomplish in every aspect – whether you make a conscious choice or go with subconscious preferences.

With setting goals or objectives, life becomes a series of chaotic happenings you don't control. You become the plaything of coincidence. Accomplishments like winning an Olympic Gold Medal, inventing the iPod are the result of a goal that was set at some point. A vision that was charted and realised.

**S**

## Specific

Who, What, When, Where, Why, How?

**M**

## Measurable

How will you know when you're done?

**A**

## Attainable

Is this realistic?

**R**

## Relevant

How does this fit into your life now?

**T**

## Time-Bound

When will you achieve your goal? What's your deadline?