



**POSITIVE**  
GOALS



**POSITIVE**  
ACTIONS



**POSITIVE**  
RESULTS



# Goals - Work Smarter not Harder

## Goal

I want to xxxx by xxxx time by doing xxxx so I can xxxx because xxxxx.

**To stay motivated it is important to understand your 'why'.**

Why is this goal so important to achieve?

What will you have when you achieve it?

## SMARTER GOALS



- |                |                                    |
|----------------|------------------------------------|
| S - Specific   | Be clear and specific.             |
| M - Measurable | What is your measure of success?   |
| A - Attainable | How will the goal be achieved?     |
| R - Relevant   | Why do you need to do it now?      |
| T - Time Bound | When do you need to achieve it by? |
| E - Exciting   | Make the how & why exciting.       |
| R - Ready      | Are you ready to make the change?  |

## Long Term vs Short Term

Break down your long term goals into manageable shorter to mid term chunk. This will prevent overwhelm and disillusionment if things aren't going as well as hoped.

Review your actions regularly - are they still valid to achieve the outcome.  
Check the goal is still your priority - change it if needed. Just because you have set it doesn't mean you cannot amend or evolve it.

**Most importantly - get started!**



# Goal Setting

SPECIFIC  
GOAL

MEASURES  
OF  
SUCCESS

ACTIONS  
TO ATTAIN  
THE GOAL

WHY IS  
THIS GOAL  
RELEVANT  
NOW

WHEN DO I  
NEED IT -  
TIME  
FRAME ?

WHAT  
EXCITES  
YOU ABOUT  
THIS GOAL

AM I READY  
TO MAKE  
THE  
CHANGE?