

S. M. A. R. T. GOALS

When you set out on a Side Quest it's easy to become disheartened if you set yourself a massive change that's going to be difficult to accomplish. Try using the S.M.A.R.T. goal tool to help you create a series of goals to help you to feel successful during the journey and to keep you motivated to persevere.



SPECIFIC

What do you want to achieve?



MANAGEABLE

How will you know you've achieved it?



ATTAINABLE

What is a realistic outcome?



RELEVANT

Why is this important?



TIME BOUND

When will you achieve this by?