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Lifestyle & Hobbies › Goal Setting › SMART Goals

Beginner lessons for SMART Goals

Achieve Your Dreams with SMART Goals!

DEFINITION

SMART Goals are specific, measurable, achievable, relevant, and time-bound objectives that guide your progress. They help you clarify your ideas and focus your efforts.

KEY CONCEPTS

Specific

Goals should be clear and specific to provide direction.

Measurable

You need to track your progress and know when you've achieved your goal.

Achievable

Goals should be realistic and attainable to be motivating.

Relevant

Ensure your goals matter to you and align with your broader objectives.

Time-bound

Set a deadline to create urgency and prompt action.

EXAMPLES

→ Run a 5K in under 30 minutes by June.

→ Read one book per month for the next six months.

→ Save $500 for a vacation by December.

MEMORY TIPS

★ Remember 'SMART' as a checklist: Specific, Measurable, Achievable, Relevant, Time-bound.

★ Visualize your goal as a target to hit.

★ Create a catchy phrase or acronym to recall each component.

COMMON MISTAKES

✗ Setting vague goals without clarity.

✗ Making goals too ambitious or unrealistic.

✗ Neglecting to set a timeline for completion.

QUICK RECAP

SMART Goals are essential for effective goal setting. They ensure your objectives are clear, trackable, realistic, meaningful, and time-sensitive, enhancing your chances of success.