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Beginner lessons for SMART Goals

Achieve Your Dreams with SMART Goals!

DEFINITION

SMART Goals are specific, measurable, achievable, relevant, and time-bound objectives that help you succeed. They provide a clear framework for setting and reaching your personal and professional aspirations.

KEY CONCEPTS

Specific

Goals should be clear and specific to focus your efforts effectively.

Measurable

Include criteria to measure progress and success, making it easier to track.

Achievable

Set realistic goals that are attainable, considering your resources and constraints.

Relevant

Ensure your goals align with your values and long-term objectives for motivation.

Time-bound

Set a deadline to create urgency and encourage timely completion of your goals.

EXAMPLES

- Run a 5K in under 30 minutes by June.
- Read one book per month for personal growth.
- Save \$500 for a vacation by December.

MEMORY TIPS

- ★ Remember 'SMART' as an acronym for Specific, Measurable, Achievable, Relevant, Time-bound.
- ★ Visualize a target to reinforce the idea of clear and focused goals.
- ★ Create a checklist to track each aspect of your SMART goals.

COMMON MISTAKES

- ✗ Setting vague goals like 'get better at math' instead of 'improve my math grade to a B.'
- ✗ Ignoring deadlines, which can lead to procrastination.
- ✗ Overloading goals, making them too ambitious or unrealistic.

QUICK RECAP

SMART Goals provide a structured approach to setting objectives that are clear and achievable. Remember to focus on being specific, measurable, achievable, relevant, and time-bound for effective goal-setting.