

SMART targets

Think about it! Are your targets/goals for the future:

Small – a ‘small’ step, a little hill not a mountain

Measurable – something for which you can measure success

Attainable – you can get there and do it

Realistic – it is not something you can’t achieve; it is based on reality

Time bound – you’ve set a review date, knowing when you’ll measure your success

When developing your goal you need to be able to answer the following six questions:

Who will do this/help me?

What will be achieved?

Where will I do this/get help/do ‘best’?

Why am I doing this/making this change?

When will I know I’ve achieved my goal, and what is my review date? Specify this!

How will I know I am really successful/need to evaluate and try again?



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