

Setting iSMART Goals

I*nspiring* - think about . . .

- . . . your dream job
- . . . your ultimate life situation,
- . . . the highest qualification you want to achieve
- . . . that business you want to create and establish
- . . . your vision for your life



S*pecific* - your goal needs to be very clear and focused, what does your dream job look like, what level of qualification in what field, what will your business be about.

M*easurable* - you need to be able to see that you have achieved your goal; it needs to have concrete measures, like '. . . I will have a Certificate III in . . .', 'I will have developed my Business Plan'

A*chievable* - you can achieve your goal, your hard work will get you there, you can visualise it and see a path to reaching your goal, it isn't too unrealistic

R*elevant* to you - your goal should be for you, it should be something that interests and engages you

T*imely* - what is the timeframe for your goal, when will you achieve your goal, eg short-term goals might be by the end of next month, or within 6 months, medium-term within 1-2 years, long-term in 3-10 years.

Remember, big 'vision-type' goals are often long-term goals. These can be broken down into short and medium term steps that will move you in the direction you want to go.

