



GOAL SETTING

A GOAL IS A DREAM WITH AN ACTION PLAN ATTACHED

Personal goals are set by you for you. You decide what you want to achieve and then you work out how you can work towards achieving them. Setting goals is an important factor that will help motivate you. Setting goals that are reachable is so important. The thing is, we tend to set our goals too high and then we fail. This is a step backward in the personal motivation search. Goals are the utmost importance in gaining personal motivation as they give us the push we need to get the job done.

By setting goals you can.

ACHIEVE MORE

IMPROVE PERFORMANCE

INCREASE YOUR MOTIVATION TO ACHIEVE

INCREASE YOUR SELF CONFIDENCE

BECOME HAPPIER



LIST YOUR GOALS HERE

HOW TO WRITE A GOAL

A goal can be as simple as one word. For example 'job' or 'security'. It can also be written as a sentence. For example: 'I want a job' or 'I want financial security'. To help you write your goals we will be using the SMART method. This is made up of five letters that have different meanings but all work together to form a goal.

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND