

## SMART Goals

Here is a suggested method of using SMART goals to help you to achieve major life ambitions:

1. Think of up to no more than three major aims (e.g. get a paid job, gain a particular qualification, start a business).
2. Break each one down into the steps you will need to take in order to achieve that aim.
3. For each of the steps, set SMART goals that will take you towards achieving the aim. Remember each goal must be:

Specific

Measurable

Achievable

Relevant

Time-bound

4. Decide a logical order to start each goal, and:
5. Get started!

