

Creating your S.M.A.R.T Goals

S - Specific, what you want to achieve.

M - Measurable, measure progress.

A - Achievable, able to work towards.

R - Realistic, aligns with your values and goals.

T - Time, 1 hour per week for? months.

Examples

1. Physical Recreation. (Something that makes you sweat).
My goal is to **Rock Climb** a **grade 18 without falling**. I will train **1 hour per week for 3 months**. My training will involve climbing, working on technique and strength and trusting my equipment.
2. Skill. (Something I am learning that is not physical)
I would like to play **Mozart's 'the Jupiter Symphony' from memory without mistakes**. I will achieve this by playing **an hour a week for 6 months**, starting with my eyes open until it becomes muscle memory and then practicing with my eyes closed.
3. Service. (Something that helps more than one person in the community)
I'm helping the **homeless by helping the salvation army create meals**. I will create **two meals each week**, it will take an hour to make each meal, **over 12 months**. My meals will be the same quality as the meals I eat at home.

