

HOW TO SET ACHIEVABLE GOALS





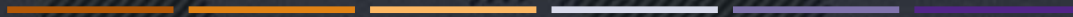
**MAKE SURE YOUR GOALS ARE
REALISTIC**



KEEP YOUR GOALS SIMPLE



DEVELOP YOUR GOALS PARTICIPATIVELY

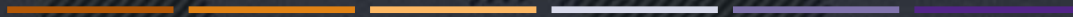


KNOW WHY YOU HAVE SET EACH GOAL





**MAKE YOUR GOALS
SPECIFIC AND MEASURABLE**



WRITE GOALS WITH ACCOUNTABILITY IN MIND





MAKE YOUR GOALS TIMELY

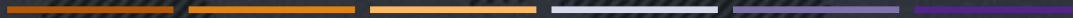




WRITE YOUR GOALS DOWN



ALIGN GOALS WITH THE CORPORATE MISSION





PUBLICISE YOUR GOALS

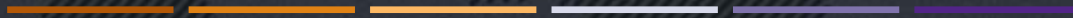
Go Public



REVIEW PROGRESS REGULARLY



MAKE YOUR GOALS CHALLENGING



Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



Your goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

A photograph of two men celebrating on a beach. They are both jumping and high-fiving each other. The man on the left is wearing a blue t-shirt and grey pants. The man on the right is wearing a red long-sleeved shirt and grey pants. The background shows a clear blue sky and the ocean. The text "REWARD & CELEBRATE" is overlaid in the center in a bold, orange font.

REWARD & CELEBRATE

Finally.....



REMEMBER ...

**ACTIONS.....ACTIONS & MORE ACTIONS DECIDES
WINNERS**