**SMART targets**

Think about it! Are your targets_goals for the future:

- Small – a ‘small’ step, a little hill not a mountain
- Measurable – something for which you can measure success
- Attainable – you can get there and do it
- Realistic – it is not something you can’t achieve; it is based on reality
- Time bound – you’ve set a review date, knowing when you’ll measure your success

When developing your goal you need to be able to answer the following six questions:

- Who will do this/help me?
- What will be achieved?
- Where will I do this/get help/do ‘best’?
- Why am I doing this/making this change?
- When will I know I’ve achieved my goal, and what is my review date? Specify this!
- How will I know I am really successful/need to evaluate and try again?