

S.M.A.R.T Goals

S Specific and Stretching

Vague goals lead to vague attempts to achieve them.
Difficult goals lead to greater attainment.

M Measureable

You need to be able to evaluate your progress.

A Attractive

If you don't want it, you're unlikely to put in a sustained effort.

R Realistic

You must be capable of achieving the goal.

T Time Framed

You need to have an appropriate time frame in mind.