

GOAL SETTING

When we set goals they can help give us more structure to progress and develop. They can help give us a clear focus on how to achieve or move towards.

S- Specific (what we will do and how)

M- Measurable (we need to measure to recognise progress)

A- Achievable (it can't be too easy or too difficult)

R- Relevant (our goal has to be relevant to our development)

T- Time (when we will do it, how often we measure)

Helpful questions:

What is my aim or what am I trying to improve? (Specific)

How will I achieve this? What will I need to do? (Specific)

When will I do this? How often will I do it? (Time)

How will I measure this goal? How often will I measure it? (Measure + time)

Is this a relevant goal that will help me/performance? Have I been realistic with my answers, is this an achievable goal? (Relevant + Achievable)

GOAL 1

GOAL 2

GOAL 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date:							
8 – 9 AM							
9 – 10 AM							
10 – 11 AM							
11 – 12 PM							
12 – 1 PM							
1 – 2 PM							
2 – 3 PM							
3 – 4 PM							
4 – 5 PM							
5 – 6 PM							
6 – 7 PM							
7 – 8 PM							
8 – 9 PM							
9 – 10 PM							
Reminders:							
Notes:							

