

# SMART GOALS

Let's look at how to create an Achievable Goal

# S

**SPECIFIC**

Make sure your goal gives you something specific to aim towards. If it is not specific, it is easy to lose focus on what you are actually wanting to achieve. **Bad Goal:** Lose weight | **SPECIFIC Goal:** Lose 5kg

# M

**MEASUREABLE**

It is important that whatever goal you set for yourself, is something that you are actually able to measure. Goals can be a great motivating factor if you can see changes, but this can only happen if the changes are measurable.

**Bad Goal:** I want to run further | **MEASUREABLE Goal:** I want to be able to run a 5km fun-run

# A

**ACHIEVABLE**

The goal you set must be something achievable, otherwise it will deter you far more than it will motivate you. It is fair to say that if you have a family and work full-time you will struggle to complete an hour of exercise every day of the week. **Bad Goal:** Exercise every day | **ACHIEVABLE Goal:** Exercise 5 days a week, for 30mins each day

# R

**REALISTIC**

Being realistic is the most important factor of SMART goals. Realism shows that you know where you are currently and what you are capable of, that you have identified what your barriers might be and how you can overcome them. Being realistic is vital - unrealistic goals are as useless as not setting goals altogether. **Bad Goal:** Run a 5km fun run next weekend | **REALISTIC Goal:** Slowly increase my running tolerance so that I am able to run a 5km fun run.

# T

**TIME BOUND**

Ensuring that your goals are time-bound keeps you accountable to something. Setting a time-frame for achieving a goal also allows you to plan your exercise more specifically. **Bad Goal:** Run a 5km fun run | **TIME-BOUND Goal:** Train to run a 5km fun run in 3 months

*Looking at the above goals, both bad and good, let's build a SMART goal aimed at running to lose weight.*

**ACHIEVABLE**

**REALISTIC**

Exercise five days a week, so that I am able to gradually build up my running tolerance to run a 5km fun run and lose 5kg within 3 months.

**MEASUREABLE**

**SPECIFIC**

**TIME BOUND**

**GIVE WRITING A SMART GOAL A GO YOURSELF.**

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