

INSTRUCTIONS: You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

Task 1.

SMART targets



Question 1

In your own words, explain what each component of SMART means.

Specific

Measurable

Achievable

Relevant

Time-bound



Question 2

Think about an area of your life that you would like to improve (this could be to do with your studies, work or hobbies). Write a SMART target to help you achieve this.

My SMART target:

My SMART target is specific because:

My SMART target is measurable because:

My SMART target is achievable because:

My SMART target is relevant because:

My SMART target is time-bound because: