

SMART GOAL SETTING

"Anyone who has ever made a resolution discovers that the strength of their determination fades with time. The important thing is not that your resolve never wavers, but that you don't get down on yourself when it does and throw in the towel" -Daisaku Ikeda-

SPECIFIC – What outcome would you like?

MEASURABLE – How will you know when you've reached it?

ATTAINABLE – On a scale of 1-10, how confident do you feel that you'll do it?

RELEVANT – How meaningful is this goal to you on a scale of 1-10?

TIMED – When do you intend to reach your chosen end point?