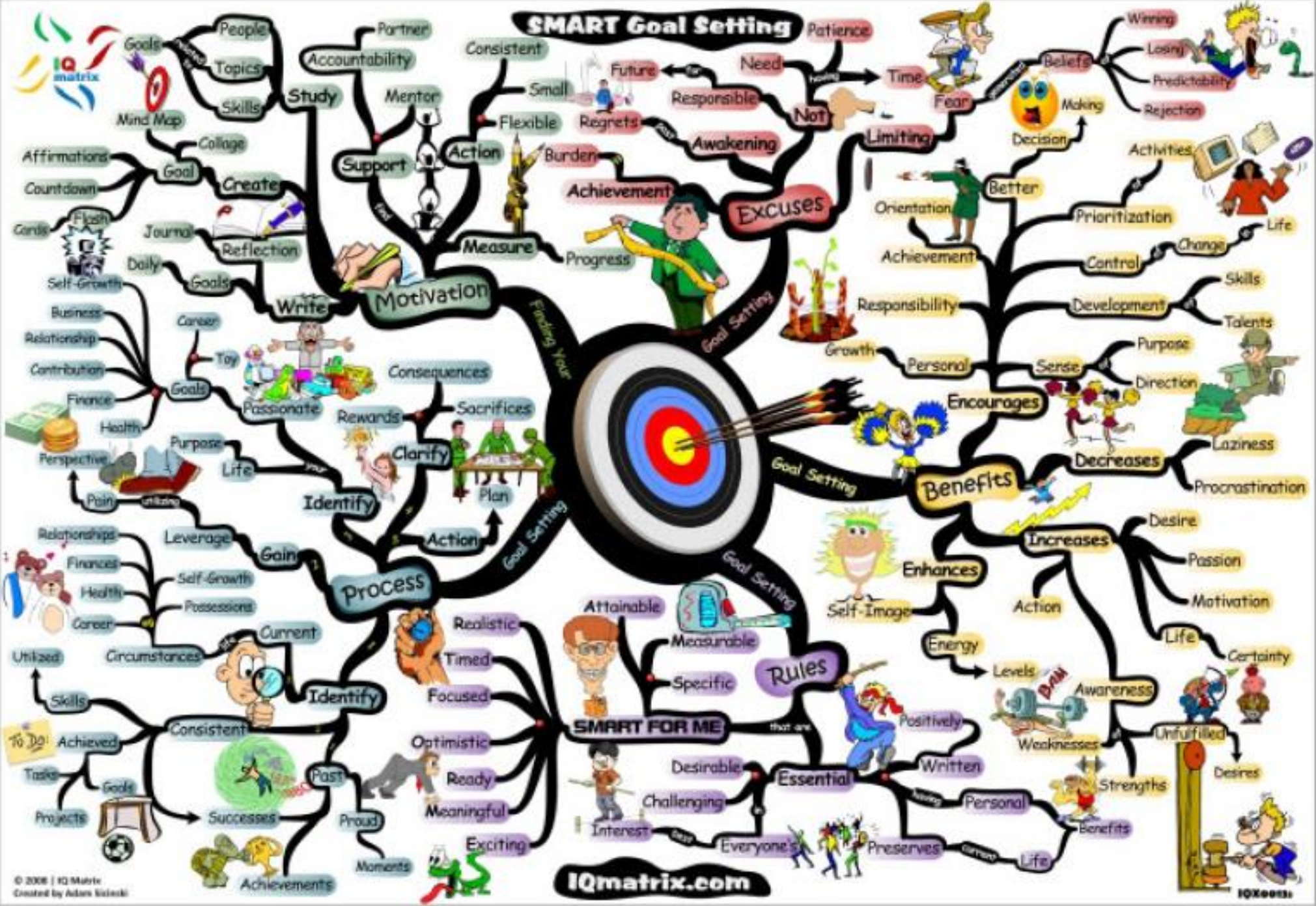




# Setting Goals the SMART Way



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# SMART Goal Setting

"The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." Benjamin Mays



# Smart goals are

- ✓ *Specific*
- ✓ *Measurable*
- ✓ *Attainable*
- ✓ *Realistic*
- ✓ *Timed*



# Specific goals answer the questions

- ✓ What are you going to do?
- ✓ Why do you want to do it?
- ✓ How are you going to do it?



Use  
action words



Measurable goals  
have concrete  
criteria for  
measuring progress

Time  
Amount  
Date





Attainable goals are goals that use your strengths to help you achieve them.

**Know your strengths and how to use them to best advantage.**





Realistic goals are goals that you can actually reach.

You may have to try a bit harder but you can do it.



Keep going you're almost there!



Timely goals set a target date for you to reach your goals.

The target can be days, weeks, months or years.

Set short term, medium term and long term goals







# Smart goals



- ✓ *Specific*
- ✓ *Measurable*
- ✓ *Attainable*
- ✓ *Realistic*
- ✓ *Timed*



**Congratulations! Now  
you're ready to set  
SMART goals.**

