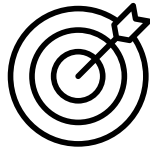# S.M.A.R.T Goals Planner

Setting goals can help us reach what we want, it can be anything you would like to achieve such as learning a new skill, building confidence, becoming more active or feeling part of a community. S.M.A.R.T. targets can help, they can make big goals feel smaller and clearer. Here's what S.M.A.R.T. stands for:

S

Specific

What exactly do I want to achieve?

M

Measurable

How will I know when I have achieved my goal?

A

Attainable

What actions can I take to achieve my goal?

R

Relevant

Why is this important to me?

T

Time-bound

When do I want to have finished achieving my goal?