

S

Make it clear – break it down as much as possible!

Break the goal down and be as specific as possible.

Instead of;
I want to run better

Try;
I want to be able to run a 10k race

M

Should have clear progression points

There is a clear start or end point.

Instead of;
I want to be a good cook

Try;
I will learn how to make 3 pasta dishes

A

Could be broken down into smaller goals

You can make mini goals!

Instead of;
To have the most beautiful garden

Try;
Today I will plan my garden, tomorrow dig over the soil, next week buy herbs

R

Should be able to do them with your current resources

Be honest – can you realistically achieve it? Winning the lottery isn't exactly in our powers!

Instead of;
Win the lottery and get rich

Try;
I will research jobs that earn a lot of money and work towards qualifications for it

T

Should have a clear end point

You don't have to race towards the finish line but it's good to have an end point in mind!

Instead of;
I will pass all my exams

Try;
I will create a plan to make sure I put in the effort to pass all my courses



KNOW | CHOOSE | BECOME | PRACTISE | UNDERSTAND

 **futurehy** | NCOP
HIGHER
YORK