

HOW TO ACHIEVE YOUR GOAL? STEP BY STEP

S

SPECIFIC

- S stands for specific. Think about whether your action plan is clear in order to achieve your goals.
- S stands for specific. Think about whether your action plan is clear in order to achieve your goals.

M

MEASURABLE

- M stands for measurable. Think about what to use to measure whether the goal has been achieved.
- M stands for measurable. Think about what to use to measure whether the goal has been achieved.

A

ATTAINABLE

- A stands for achievable. How feasible is it to think about the goal?
- A stands for achievable. How feasible is it to think about the goal?

R

RELEVANT

- R stands for relevant (relevance), thinking about whether the goal is related to other goals.
- R stands for relevant (relevance), thinking about whether the goal is related to other goals.

T

TIME-BASED

- T stands for time-related. Set the planned timeline precisely when does it start?
- T stands for time-related. Set the planned timeline precisely when does it start?



Goal Analysis

Guillaume Favre



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