**Activity: SMART goals (Adapted from Castle and Buckler, 2018: 329)**

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| **S: Specific** ***(What do you want to achieve?)*** |  |
| **M: Measureable** ***(How will you when you have succeeded?)*** |  |
| **A: Action-orientated** ***(Detailing what needs to be done.)*** |  |
| **R: Realistic** ***(Is it realistic to attain/ achieve?)*** |  |
| **T: Time-phased** ***(What is the time scale?)*** |  |