**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?)*** |  |