

## Specific   Measurable   Achievable   Realistic   Time specific

To be effective goals need to be

### Specific

To be obtainable goals need to be specific. You need a clear destination. Spell out exactly what you intend to do and break it down in to smaller, manageable chunks. Instead of setting a goal to lose weight, set a specific goal to exercise for half an hour 3 times a week and follow the GI diet aiming to lose a minimum of 1lb per week. How long will it take to achieve the goal? What will you see when you have reached it?

### Measurable

How will you know when you have achieved your goal? Define specific markers along the way so that you can see that you are nearer to your goal. When you measure your progress, you stay on track. Decide how you will measure progress and how often you'll measure it.

### Achievable

You can achieve most goals when you plan wisely and give yourself a realistic timeframe in which to carry out the steps. As you identify your goals, identify activities that will require you to stretch but not so far, that you set yourself up to fail. The goal should be motivating not intimidating.

### Realistic

To be realistic the goal must be one that you're both willing and able to work toward. You need to devise a way of getting there which makes the goal realistic for where you are now. Sometimes other people set unrealistic goals for you. Alternatively, you might set very high goals for yourself without appreciating the obstacles or understanding how many skills you need to master.

### Time Specific

A goal is a dream with a deadline. Without a deadline, you're unlikely to move from dream to reality. Be specific - by the end of next week, in two months - If you don't set a time, your commitment will be vague and you're unlikely to reach your target.