

## Worksheet A: SMARTS Goal setting X Probability

*"A goal properly set, is halfway reached"*

Before you head out on a journey it's important to consider where exactly you want to go. Give this process a go! Aim to be detailed and considered in your response. If you rush this, you decrease your chance of success.

<b>Specific</b> - define exactly what you want to accomplish and focus on only one thing										
<b>Measurable</b> - how will you know whether you have achieved your goal or not?										
<b>Achievable</b> - write your goal in the present tense as if you have achieved it, how does it make you feel?										
<b>Realistic</b> - how can you make this goal realistic but require you to stretch to reach it?										
<b>Timed</b> - when will you have achieved this goal by? Be specific.										
<b>Step</b> - what hard evidence will you need to prove to yourself that you have fulfilled your goal?										
<b>Probability</b> - on a scale of 0-10 how likely do you think you are to achieve your goal?										
0	1	2	3	4	5	6	7	8	9	10
No hope		It's 50/50					Certain			