Is your goal SMART?

Iris

27.01.2021

跑动英伦
CUKRUN

Ask yourself

Do I HAVE a clear goal?

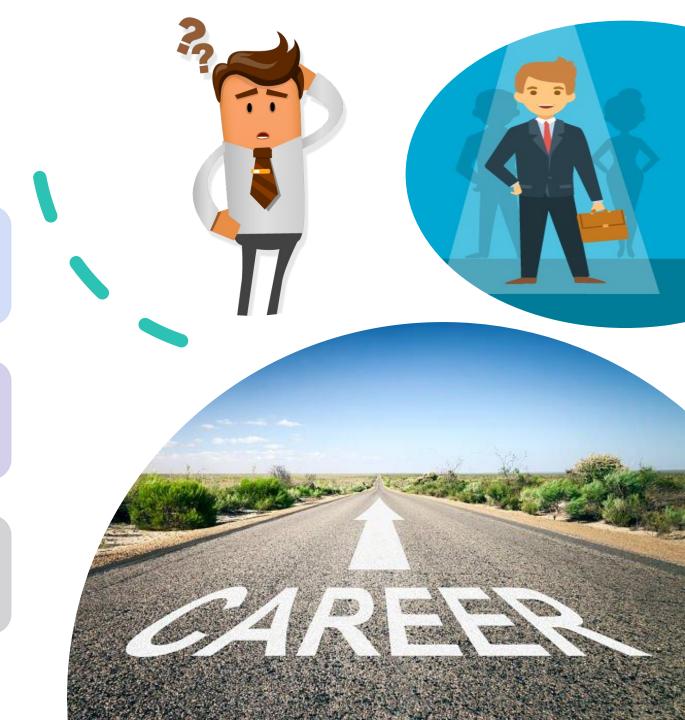**Do I know WHAT is a clear goal?**

Why Goal setting is important

Give	• you motivation
Guide	• Your focus
Help	• overcome procrastination

SMART GOAL

S Specific
M MEASURABLE
A Achievable
R Realistic
T Timely

S
Be thoughtful and **specific** about what you want to focus on.

M
Pick a goal that is **measurable** so you can continually monitor your progress.

A
Set yourself up for success by choosing something that is **achievable**.

R
Be **realistic** when choosing your goal. Think about how it will affect your day-to-day life.

T
Be aggressive and realistic when setting your end **time** or date. Knowing there's an end in sight will help you focus and push yourself.

My goal:
Run a Marathon

S: Run a marathon under 5hrs

M: weekly training plans

A: have run a half marathon

R: challenge my running distance

T: training for 16weeks (29/05)

You can't manage what you don't measure, and you can't improve what you don't manage.

Start with a goal and make it SMART.

Thank you