

The aim of this exercise is to make your goals smart

Read this step-by-step model and following the guiding questions in the example below:

My Goal	To become a chef in a fancy restaurant
Specific	<p>What do you want to accomplish and WHY? (the why behind your goal)</p> <p>E.g., "I want to become a chef in a fancy restaurant. It has always been my dream since I was a little child"</p>
Measurable	<p>How do you know when you have reached your goal? What has changed?</p> <p>E.g., "I will feel happier and satisfied." "I am being hired as a Chef in a restaurant I really appreciate. I have new responsibilities and a higher salary"</p>
Achievable and Attractive	<p>What is your motivation to reach that goal? What value will it bring to you or others?</p> <p>E.g.: "To become professionally fulfilled; to become able to pay my rent and might buy my own apartment"</p>
Relevant and Realistic	<p>Is it a relevant goal? And is it realistic to reach the it? What barriers will you have to face? How will you challenge eventual barriers?</p> <p>E.g., "I already have some training in cuisine, and I really love to cook. I'm also thinking about enrolling myself in more courses to further develop my cooking skills". "I may not have the money available to do those courses" But I have learned that I can attend a course"</p>
Time	<p>How much time do you need to spend to reach the goal? Deadline?</p> <p>E.g., "I would like to be a chef in 2 years, that's the time the course will take and that includes the practical training". "I will work in a fancy restaurant in 3 years' time"</p>
Effect	<p>What will be the value, gains and effect of you reaching that specific goal? Positive Feelings: such as joy and happiness</p> <p>E.g., "To truly enjoy my work; to accomplish my childhood dream" I will be happy in my life, and it will give a sense of fulfilment. I will be proud of myself and so will my family.</p>