

## Goal Setting Agreeing Change for the Future: Making SMARTER Goals

How clear are you about  
your goal?

Which area/s do you want to work  
up into a goal?

When will you reach  
your goal?

Use the prompts to work up a SMARTER goal.

How realistic and achievable  
is this goal? How easy will it be  
for you to reach it?

How important and valuable  
is reaching this goal for goal?

How much do you feel involved  
and in control of choosing  
this goal?

When and how shall  
we review the progress?

### TOP TIPS:

- Have a clear conversation together
- Remember SMARTER
- Don't forget to review

My goals are:

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