

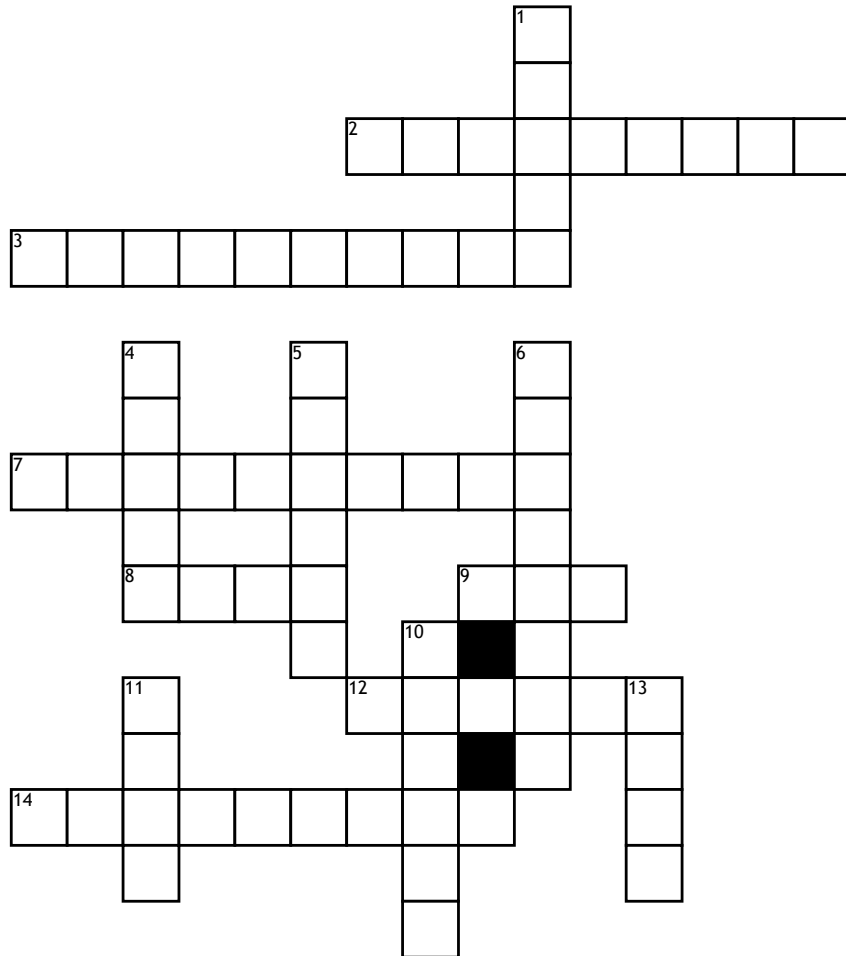
Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SMART - Goal Setting

## Across

2. Setting SMART goals, keeps us...
3. What does A stand for in SMART?
7. What does M stand for in SMART?
8. What does T stand for in SMART?
9. I should be looking to achieve my long term goal in how many months?
12. If you have not achieved your goal, what do you do?



14. What does R stand for in SMART?

## Down

1. Achieving your goal, gives you a sense of....
4. What is the acronym that helps us remember how to set targets?
5. If you easily achieve your goal, you should have it...

6. What does S stand for in SMART?

10. It should take around 6 weeks to achieve this type of goal.

11. Every goal should have a specific...

13. What is the time frame for a short term goal?

