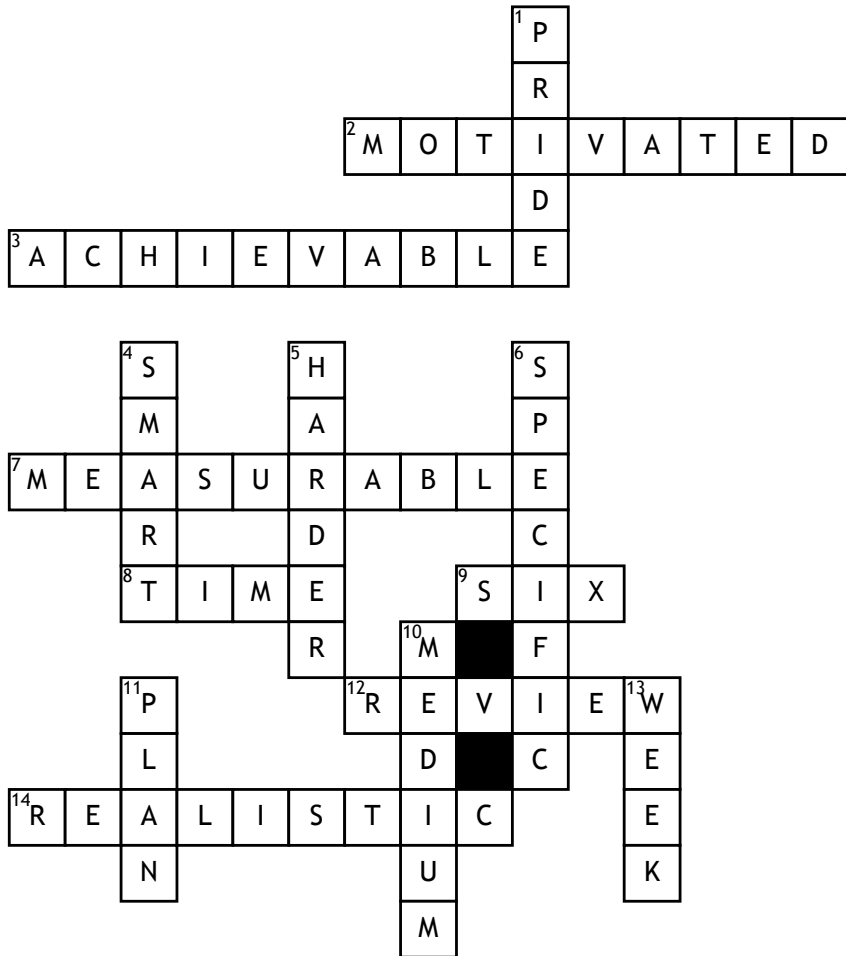


# SMART - Goal Setting

## 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?

6. What does S 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...

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

11. Ever goal should have a specific...

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

