

Name: _____

Date: _____

SMART - Goal Setting

Across

2. Setting SMART goals, keeps us...

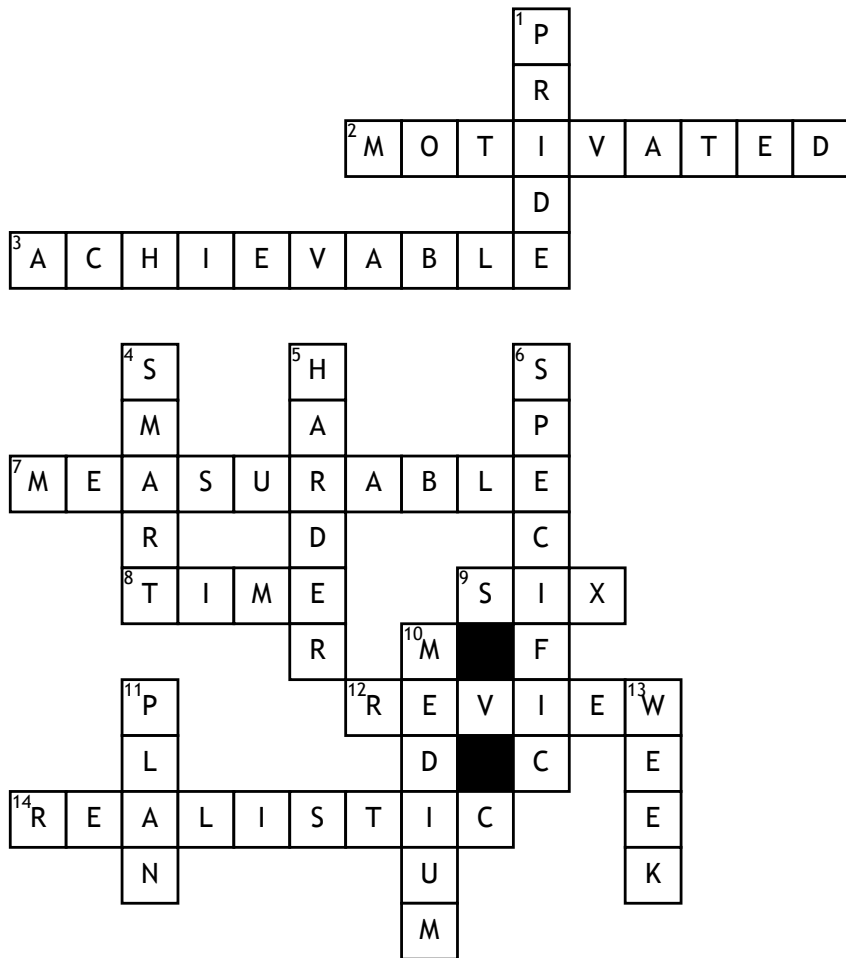
3. What does A stand for in SMART?

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?

