

Summer holidays are here (YEAH!!!) Have you made any plans? Whether you are thinking of travelling, initiating self-improvement projects, or getting a summer job, goal-setting helps you succeed in your endeavors!

Be S.M.A.R.T. Set your goals now.

S. Specific

- Well defined and clear instead of general

Example:

"I intend to keep fit."



"I will go to the university gym and workout 3 days a week."



M. Measurable

~~“I will send out as many job application letters as I can.”~~

✓
“I will send out 3-5 job applications per day starting 15th June.”

Example:

- Set concrete criteria for measuring progress
- Ask yourself questions such as.... How much? How many? How will I know when it is accomplished?

A. Agreed Upon

- Agreement with all the stakeholders on what the goals should be

your boy/girlfriend may not be pleased if you say to him/her: “My goal is to save more during holidays. Let’s hang out less this summer!”



example



example

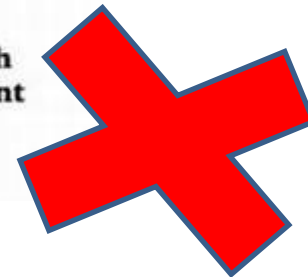


R. Realistic

- Within the availability of resources, knowledge and time
- You need to be *willing* to do and truly *believe* that it can be accomplished



“My short-term goal is to bluff my way through this job interview. My long-term goal is to invent a time machine so I can come back and change everything I’ve said so far.”



T. Time Bound

- Set clear timelines

Example:



GOOD LUCK!

