

## Setting SMART Goals will help improve performance

### Specific

- Clearly see what it is you want to achieve
- Have specific standards for that achievement
- In making your goals specific it is important that you actually **write them**

### Measurable

- Need a way to **measure the progress** and some specific criteria that will tell you when you can stop and the goal is achieved
- Feeling the progress is very important for you to stay motivated and enjoy the process of achieving the goal.

### Attainable

- You see a realistic path to achievement, and reasonable odds that you get there
- This does not mean that the lower you aim the more likely you reach success
- It is well known that **goals that work best have a challenge in them** - they are chosen as ambitious as possible, but still reachable

### Rewarding

- You have **clear reasons** why you want to reach the goal – it is important that the goal is really yours
- Imagine how you are going to feel when the goal is finally reached – this will ensure that the goal is really worth achieving

### Timely

- Goal must have a specific **TIME LIMIT** – time is the price you pay for the reward from achieving a goal
- Setting the deadline will protect you from paying higher price than the goal is worth – this is also your protection from procrastination and perfectionism
- You typically have many goals competing for your time – a goal with clear time limits is much easier to fit with the rest of your goals

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Eg I will score 400 runs; I will take 40 wickets

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### Measurable

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Eg I will score 400 runs at an average of 40

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