

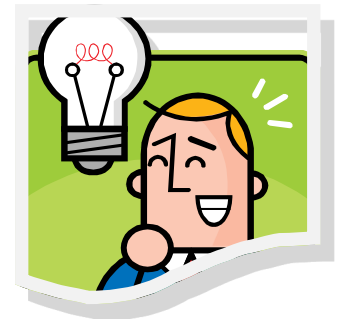
# Goal setting



Can I do this?



Is the goal a S.M.A.R.T. goal?



**S** Specific

**S**pecific: what exactly do you want to achieve

**M** Measurable

**M**easurable: how will you know when you have achieved this goal

**A** Attainable

**A**ttainable: can you achieve this goal with commitment and effort

**R** Realistic

**R**ealistic: do you have the resources you need to achieve this goal or can you get them

**T** Timely

**T**imely: When do you want to achieve this goal.

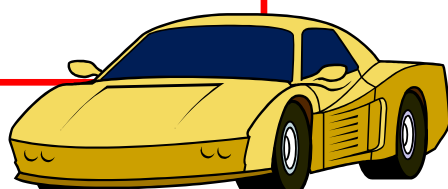
Use **why**, **where**, **when**, **how** and **who** questions when setting goals



Break large goals into small more easily achievable parts

## SMART goal

I want to save \$16000 to buy a car when I turn 40. I am 32 now. I will need to save \$77 per fortnight from my pay. My budget shows I can afford this so I will put this into an account that I cannot access via the internet.



## SMART Goal

I owe \$1000 on my credit card. The interest is 19%. I want to clear it within 12 months. If I pay \$95 per month and don't use the card I will clear it in 12 months. My budget shows I can do this. I can set up a direct debit for the amount and will give the credit card to a trusted person so I cannot use it.

