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GOAL SETTING



The Run Beyond Project believes goal-setting is a crucial life skill.



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GOAL SETTING



But what are goals?



GOAL SETTING



Goals are aims that a person (or organization) wishes to achieve in a certain time.



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GOAL SETTING



To be best-equipped to set goals effectively, it's important to understand the concept of **SMART goals**.



GOAL SETTING



S

M

A

R

T



Specific



Measurable



Attainable



Relevant



Time Based

SMART Goals are **Specific**, **Measurable**, **Attainable**, **Relevant** and **Time-based**.

GOAL SETTING



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Specific



Measurable



Attainable



Relevant



Time Based

Specific goals are very **clear**.

GOAL SETTING



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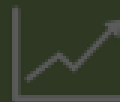
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Specific



Measurable



Attainable



Relevant



Time Based

A goal to climb a mountain is **not specific**, because it does not clarify which mountain you need to climb to achieve your goal.

GOAL SETTING



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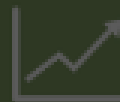
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Specific



Measurable



Attainable



Relevant



Time Based

A goal to climb Mt Fuji **is specific**, because specifies exactly which mountain needs to be climbed to achieve the goal.

GOAL SETTING



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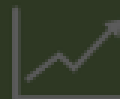
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Specific



Measurable



Attainable



Relevant



Time Based

Measurable goals can be **quantified**.

GOAL SETTING



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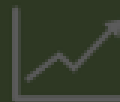
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Specific



Measurable



Attainable



Relevant



Time Based

A goal to get a good mark in your next maths test is **not measurable**, because it does not quantify what “good” means.

GOAL SETTING



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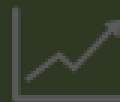
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Specific



Measurable



Attainable



Relevant



Time Based

A goal to get at least 70% in your next maths test **is measurable**, because it quantifies exactly what “good” means.

GOAL SETTING



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Specific



Measurable



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Relevant



Time Based

Attainable goals are **realistic**.

GOAL SETTING



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Specific



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Relevant



Time Based

For someone who is 50 years old and overweight, is the goal “to win the Olympic marathon” attainable?

GOAL SETTING



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Specific



Measurable



Attainable



Relevant



Time Based

For someone who is 50 years old and overweight, is the goal “to lose weight, and train to complete a 5km fun run in the next year” attainable?

GOAL SETTING



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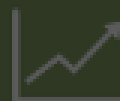
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Specific



Measurable



Attainable



Relevant



Time Based

Relevant goals have meaning to your life.

GOAL SETTING



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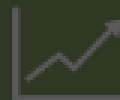
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Specific



Measurable



Attainable



Relevant



Time Based

A goal to score more than 100 in a 10 Pin Bowling game by the end of the year is specific, measurable, (possibly) attainable and time-based. Is it relevant to someone who finds bowling boring?

GOAL SETTING



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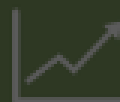
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Specific



Measurable



Attainable



Relevant



Time Based

Don't set goals for the sake of it. Ensure they are **relevant** to your life!

GOAL SETTING



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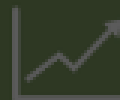
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Specific



Measurable



Attainable



Relevant



Time Based

Time-based goals have a **time-limit**.

GOAL SETTING



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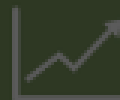
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Specific



Measurable



Attainable



Relevant



Time Based

If you set a goal “to complete a 10km fun run” is a goal **with no time-limit.**

GOAL SETTING



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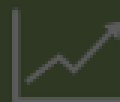
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Specific



Measurable



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Relevant



Time Based

If you set a goal “to complete The Sydney Harbour 10km fun run next year” is a goal **with a time-limit**.

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Specific



Measurable



Attainable



Relevant



Time Based

Good luck setting your goals! Make sure they're SMART!

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