

Making New Decisions

Watch the following video:

[Setting SMART Goals - How To Properly Set a Goal](#)

- ✓ Write a specific aim you have: _____
- ✓ Write 3 events which will happen once you realize your goal
 - 1.
 - 2.
 - 3.



Now, let's make a plan !

Specific- Write 5 things (specific steps) you have to do in order to get closer to your aim. Write only things you can do. Write what you will do and when

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Measurable- write a way which will help you see whether or not you've done these steps (e.g : a table you will check in the end of the week)

The Task was/wasn't done	Reason	Ways to improve

Attainable- write down why this aim is attainable

Relevant- explain why this aim is relevant for you

Time limited - set up a time frame for achieving your goal