



SMART GOALS

Learning to **set goals effectively** is essential for our well-being: following the SMART GOALS technique will increase your **concentration and ability to achieve your goals.**



S

SPECIFIC.

After defining your objective, try to make it as specific as possible



M

MEASURABLE.

Monitor your progress and try to adjust your next steps based on these evaluations



A

ACHIEVABLE.

Is the goal you set yourself realistic? To increase your chances of success, it is essential to set realistic goals



R

RELEVANT.

Why is it important for me to achieve this goal? Connecting with the intrinsic motivation that drives you towards this goal is crucial



T

TIME-BOUND.

Have you defined your timeframe? Defining how much time you will need and how you will manage this time is essential to achieve what you want

SMART GOALS

The SMART GOALS technique is usually used for **studying**. However, it is something we can apply to **different spheres** of our lives, especially when we struggle to find **motivation** or when the **goal seems too far away**.



S

SPECIFIC.

What do I want to achieve? Do I have everything I need?



M

MEASURABLE.

How can I monitor my progress?



A

ACHIEVABLE.

Is my goal realistic?



R

RELEVANT.

Why is achieving this important to me?



T

TIME-BOUND

When do I want to start? How much time do I need? How will I divide my time? What breaks do I foresee?
