

SMART goals are:

- Specific – clear and concise, one goal at a time
- Measurable – in time and quantity
- Achievable – realistic, but also a stretch
- Relevant – has direct significance and connection
- Trackable – allows monitoring of progress

You might want to print it out and read through the examples below to see which goals feel like something you'd like to shoot for?

Your social life - goals to enhance the connections in your life (goals may include to surprise a friend with a thoughtful gift, or to show you're thinking of a loved one, to find love, to go on holiday with someone to strengthen your connection, doing something fun or something new with someone, doing more of what you love to do with someone who also loves it)

Your family (do you want to expand your family, have children, help someone in your family achieve something, help your family become closer, support a family member in some way)

Your health (do you want to exercise more, lose weight, take up a sport, eat healthier, improve your nutritional awareness or balance, improve your psychological health, increase your strength)

Your career (would you like to start a new career, get a promotion, create a new income stream, look for new directions, start a business, expand your current business)

Your finances (Is it time to save money, pay off debts, expand your capital, spend less, invest, create new sources of income)

Your learning (are you keen to learn something new, deepen your knowledge of a particular topic, go back to university and master some topic, read quality books intended to improve your life in some way, take a course to improve some area of your life, do some self-initiated work based learning)

Your character (how about a focus on strengthening your character. is it time to work with a counsellor, or a life or transformational coach, would you like to enhance the gratitude in your life, or your grit in tough situations, or increase your awareness of your character strengths and use them more often, the possibilities are endless).