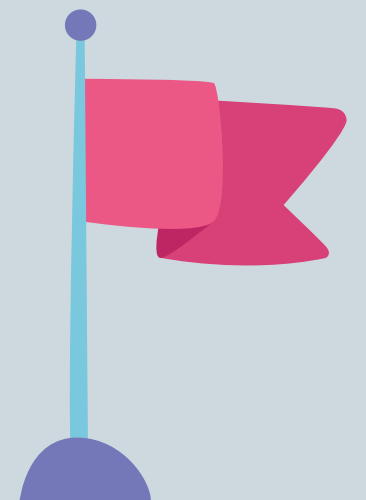
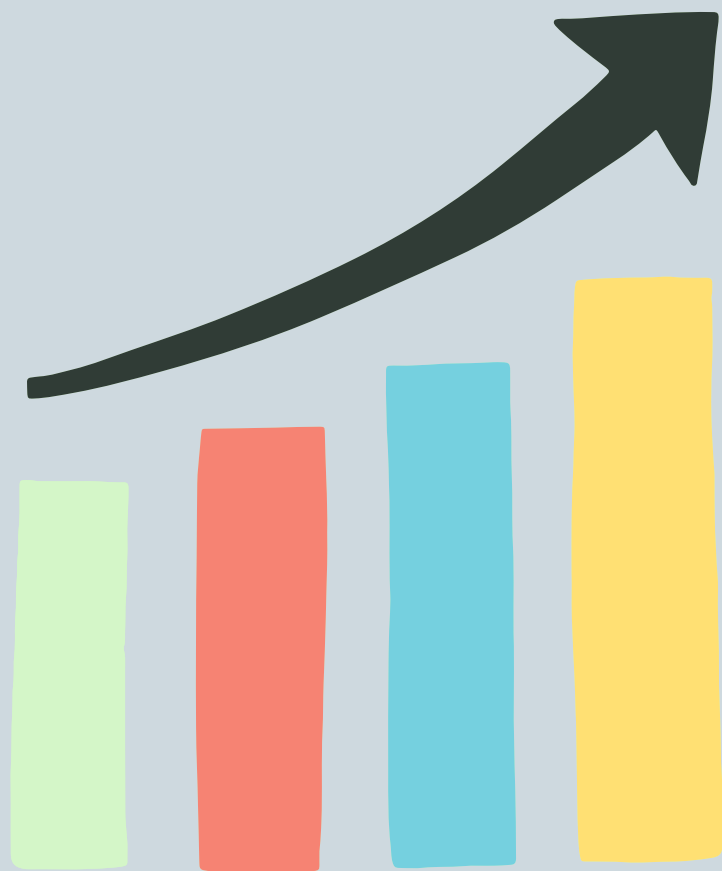
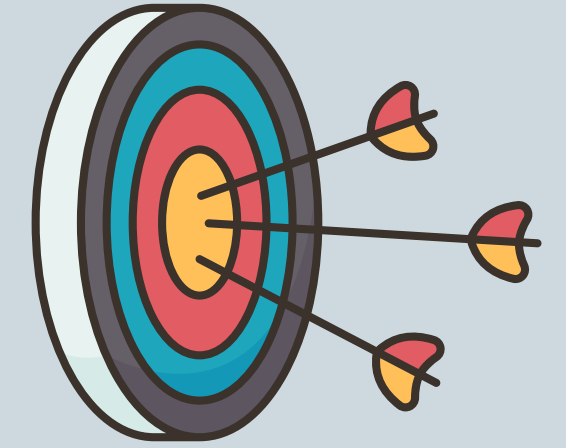


BENEFITS

OF

SETTING

GOALS!



## ① *Increases motivation*



*By setting goals, you can dream and visualize the endpoint. This helps you to desire success and increases determination.*



*The secret of getting ahead is getting started.*

*-Mark Twain-*

## ② Teaches Time Management

Setting goals, helps you to be organized and reduces procrastination.



It does not matter how slowly you go as long as you do not stop.

-Confucius-

### ③ Helps staying focused

Setting goals provides you a clear pathway to success and keeps you focused on what is really important.



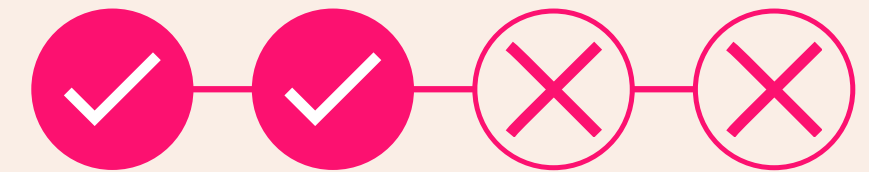
*Good, better, best. Never let it rest. 'Til your good is better and your better is best.*

*-St. Jerome-*

## ④ Allows Progress Check



Once you have a well designed plan, then you can track your progress and identify strengths and weaknesses for improvement.



*Believe you can and you're halfway there.*

*-Theodore Roosevelt-*

## ⑤ Improves Self-Management

In order to reach the goal, you shape your behaviors and habits in a way that will result in success. Setting goals makes you become aware of your strengths, which helps to overcome obstacles and provide solutions to problems.



Success is not final, failure is not fatal: it is the courage to continue that counts.

-Winston Churchill-



**Specific**

**What do you want to achieve?**

**What actions will you take?**



**Measurable**

**How will you determine that you achieved your goal?**



**Achievable**

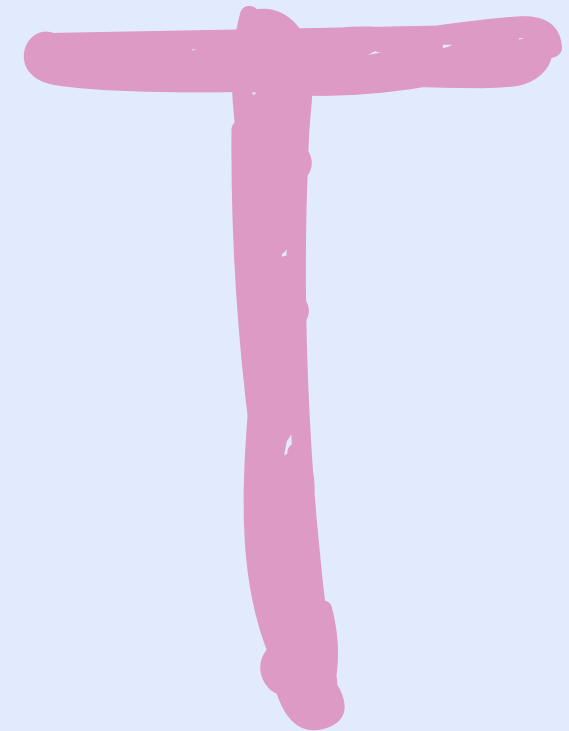
**Is it realistic & possible to complete ?**

**Do you have the necessary skills and resources?**



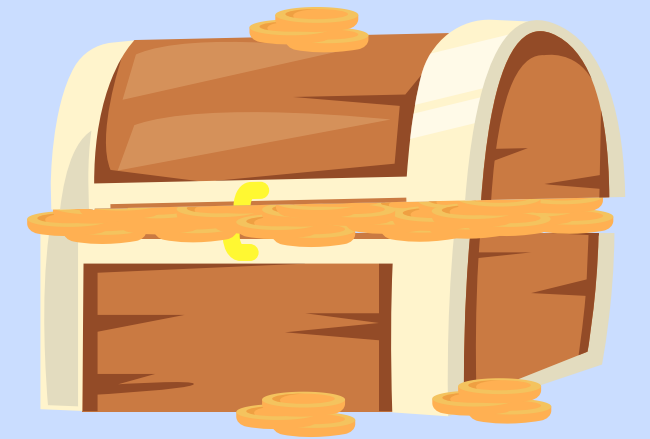
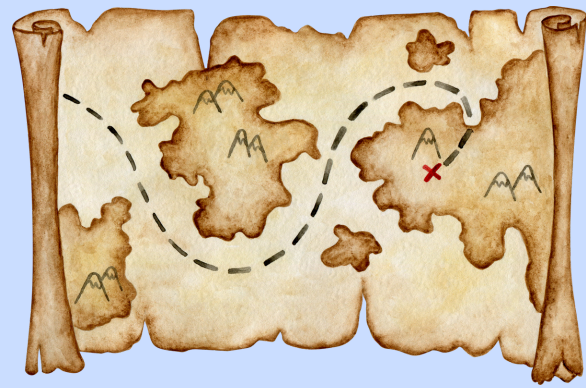
**Relevant**

**Does the goal corresponds with values and long-term goals & objectives.**

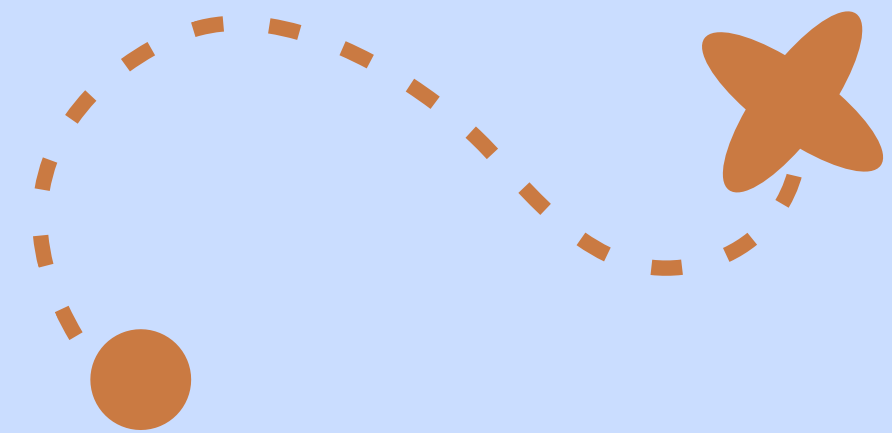
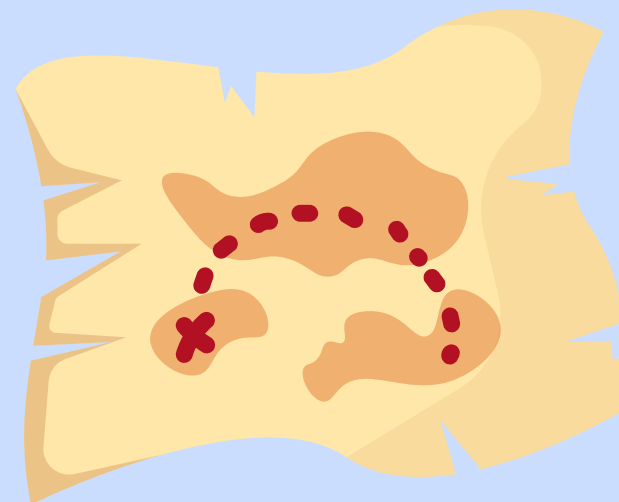


**Time-bound**

**What is the time frame for accomplishing the goal?**



Imagine you have a big adventure ahead, like finding a hidden treasure. SMART is like having a special map to make sure you reach your treasure successfully.

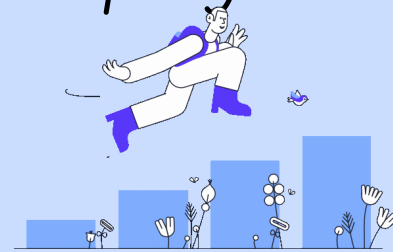




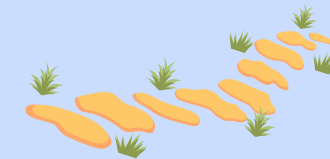
- **Specific:** Your map tells you exactly where the treasure is, like a secret island. It's not just saying "somewhere out there."



- **Measurable:** Your map has clues and marks to track your progress, so you know how far you are from the treasure. It's like counting the steps you take.



- **Achievable:** The map doesn't lead you to a place that's impossible to get to, like the moon. It shows a realistic path, like crossing a bridge or going through a forest.



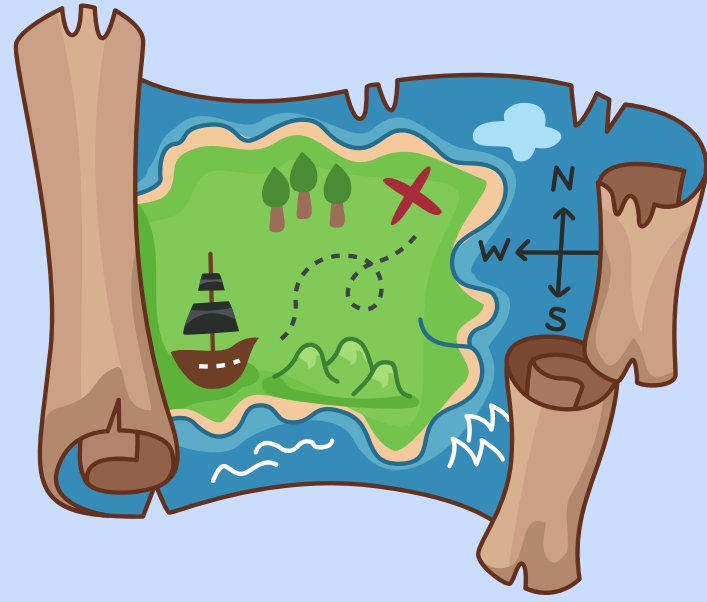
- **Realistic:** Your map doesn't have magical things happening, like flying. It's about things you can really do, like walking or sailing.



- **Time-bound:** Your map has a plan with deadlines, like reaching the treasure by sunset. It's not just wandering forever; there's a time to finish.



# SMART



So, SMART is like your special adventure map that helps you find treasures by making sure you know exactly where to go, you can track your progress, it's possible to reach, it's realistic, and you have a deadline to finish your exciting journey!

