Goal planner

Why?

Setting achievable goals can be incredibly rewarding. Flexible goals that you work towards (rather than away from) are more productive **but** it's important to remember to go easy on yourself to make them enjoyable!

What is your main goal?

This is the big picture, like completing an essay or learning a new skill.

Now break it down into smaller steps

If you're not sure where to start, just focus on the very next thing that needs doing so that you can progress towards your main goal.

Can you make them SMART?

Try and make each of your goals SMART (specific, measurable, achievable, relevant and time-bound). Tip: don't make them too easy, or too hard, they should be just about difficult enough to keep you interested, but not so difficult that they put you off.

S		S		S		S	
M		M		M		M	
A		A		A		A	
R		R		R		R	
T		T		T		T	

Challenges

It's normal to sometimes struggle with reaching your goals. Try to identify when, why or even how you might be challenged the most. This might be something like you find it difficult to start working in the morning.

How can you set yourself up for success?

To counter these challenges, it's helpful to create an environment where meeting your goals is as easy as possible. With the example used in the last section, if you struggle with mornings you might find it easier if you set up your workstation the night before.

Challenge	Helpful action

Link your behaviours

Implementation intentions help to bridge the gap between motivation and action. For example, if it's 1pm on a weekday, I'll get a glass of water then I'll study for 40 minutes.

If...	Then I will...

Tip: Talking to others about our goals makes us more likely to commit to them!

Reward yourself!

You deserve you treat yourself as a reward for your hard work! What are you going to reward yourself with?