

# Setting goals for SMART technique

## Programming Help

We like it or not, but setting goals is an integral and very important part of our daily life. For some people, this is a conscious process, but most of us can be very surprised, learning that they actually set goals almost every day. If you think about the past days for a moment, you will realize that you actually put a day for a day. Some of them are insignificant, while others are very important for the future.

The correct setting of goals is the motivation laid deep inside, and allows us to be more efficient. For this purpose, the Smart method is intended - it makes the goals realistic and helps turn them into concrete actions. If you correctly formulate your goal, you will have much more chances to achieve it in accurately according to your expectations. Principles of smart setting goals

"Smart" translated from English means "smart". Each letter in it expresses a certain sign: S - definition; M - measurability; A - attractiveness; R - realistic; T - timeliness.

According to Ziga Zigar, half of the way to achieving the goal is the correct placement. The set goal must comply with the following requirements: S - setting goals for the SMART method involves the accuracy of definitions. The desired result should be formulated clearly and clearly, include all your expectations. Installations are better to write on paper or in the phone, which will help fix them in the subconscious. Write exactly what you want to achieve, what methods, and why you want to achieve this particular purpose. The goal should be described in such a way that there is no place for any interpretations. Example: "I will write a book. I will write 200 words every day. " M - the goal should be easily measurable. What does this mean? If you ask you to what extent you have achieved your goal, you should easily answer. This will allow you to know exactly how popular you have moved to the goal, as far as you are close to achieving it. Example: "I will write a book. I will write 200 words every day. The book will consist of six chapters and have a volume of 300 pages. " A - Choose attractive goals that will be an interesting task for you, or their implementation will be related to the acquisition of a tempting award. If your goals are boring and little interesting, then the realization of the conceived can disappoint you. At this stage you can list all the motifs that will help you achieve your goal. Example: "I will write a book. I will write 200 words every day to help people fulfill their dreams. The book will consist of six chapters and have a volume of 300 pages. " R - the target must be achievable. To do this, install the bar at such a level so that it is slightly higher than your features. Too simple goal will not be perceived by you seriously, and you will not feel satisfaction from its achievement. Too complicated goal may initially motivate you work harder, but if you do not see the expected results, stop trying, disappoint and postpone it for tomorrow. Example: "I will write a book. I will write 200 words every day to help other people realize dreams. The book will consist of six

chapters and have a volume of 300 pages. " T - the goal without a prescribed period can be achieved both in one year and ten years. Of course, if the goal is big and requires weighty effort, then it will take time to achieve it. Each goal should be the date of implementation. Do not be afraid if you do not do it in the estimated period. It is important not to give up and transfer the Deadline to the next realistic date. Example: "I will write a book. I will write 200 words per day to help other people realize dreams. The book will consist of six chapters and have a volume of approximately 300 pages. It will not leave for her writing for more than six months. "

Smart is a simple, but an extremely effective method that does not only increase the chances of realizing the goal, but also helps to achieve more. The setting of goals with its help may seem like a rather laborious process, but the results obtained are worth. We also recommend that the Vikium "goal-setting" course is also recommended if you want to learn how to set goals and achieve them.