

The following pieces of information have been produced to help you to set S.M.A.R.T goals that you can work towards and monitor throughout this season and beyond.

*What’s a S.M.A.R.T goal?*

It’s an acronym that describes the various attributes a goal should have to ensure maximum

probability of success. The actual adjectives that the acronym stands for differs depending on

the circumstances. They are all listed here:



• S - specific, significant, stretching

• M - measurable, meaningful, motivational

• A - attainable, achievable, acceptable, action-oriented

• R - realistic, relevant, reasonable, rewarding, results-oriented

• T - time-based, timely, tangible, trackable

*What do we need goals?*

1. Goals give you a target to aim for

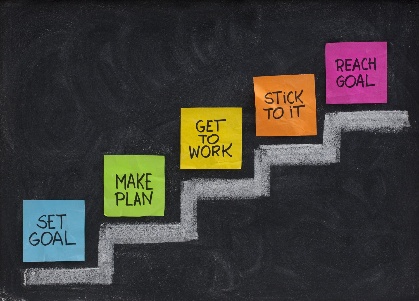
2. Goals help you concentrate your time and effort

3. Goals provide motivation, persistence and desire

4. Goals help you establish priorities

5. Goals provide a roadmap to take you from where you are to where you want to

be

If you haven’t already done so, please complete the sheet that was sent out with the Fitness pack to help you with setting more goals. Those of you that already have season goals, you can include them if you like but ideally see if you can produce different short, medium and long term objectives. I have attached a separate sheet for the 3 goal types, the sheet will also help you to think about how you are going to accomplish your goals.