

What are SMART Goals?¹

Everyone who wants to pursue a goal, knows that is important to provide a good description of this goal. Empty slogans do not bring satisfactory results. Making a concrete analysis in advance will help you to get to the finishing line. A useful method to achieve this is the so-called SMART Goals or simply SMART. The SMART Goals definition / acronym stands for Specific, Measurable, Acceptable, Realistic and Time-bound.

A SMART goal gives direction to what you want to achieve. In this way it will give a sense of direction to everyone who wants to achieve the goal and it is highly likely that it can be really completed successfully. A well-formulated goal is easy to understand for everyone. You will find an explanation of each of the letters at <https://www.toolshero.com/time-management/smart-goals/>



¹Information from [toolshero.com/time-management](https://www.toolshero.com/time-management)