

# Goal Setting

Rhodri Curnow (Mistake)

February 16, 2011

# Why?

# Why?

- Increase Focus on a Task

# Why?

- Increase Focus on a Task
- Keep 'Projects' on track

# How?

# How?

- Specific

# How?

- Specific
- Measurable

# How?

- Specific
- Measurable
- Attainable



# How?

- Specific
- Measurable
- Attainable
- Relevant

# How?

- Specific
- Measurable
- Attainable
- Relevant
- Time-Bound

# Goal Setting Exercise