

The SMART principle

Introduction

The SMART principle helps in the formulation of goals. It states that a goal should have five characteristics to make implementation more successful. Below you will find these characteristics and what they mean:

Specific	The definition of the goal should be as specific as possible. For example, "I want to write my bachelor's thesis" instead of "I want to finish my degree"
Measurable	The achievement of the goal (success) should be measurable. For example, "I'll write a chapter every week" instead of "I'll just write and see when I'm done"
Attractive	The goal should be attractive, as pleasant as possible, and motivating. Example: "I'm going to write my bachelor's thesis so that I can start my master's studies afterwards" instead of "I'm going to write my bachelor's thesis and therefore have to give up a lot of free time and enjoyable activities"
Realistic	The goal should be achievable with realistic effort. Example: "From now on, I will write my bachelor thesis on the days when I have no classes after 2 p.m." instead of "From now on, I will write my bachelor thesis from morning to night"
Time-bound	The achievement of the goal should be scheduled. Example: "I will submit my bachelor thesis to the examination office on 30.08.2021" instead of "I will submit my bachelor thesis to the examination office in summer"

Instruction

To formulate your goal "smart", proceed as follows. First, think of a goal you would like to achieve. Then go through all the characteristics one by one and reformulate the goal according to the characteristic, so that in the end the goal formulation contains all the characteristics above.

My goal:
