

Smart goals

Why do we set ourselves such specific goals? My own reasoning is that it makes success tangible. Goal setting forces me to be clear about what it is that I want to have/change/be, focuses me, invites my unconscious to participate, and means achievement can be measured and celebrated.

S	pecific	Precisely what? define it
M	asurable	How will I measure progress? How will I know when it is done?
A	tttractive	What drives you? What will it give you?
R	esources	What do you need to achieve it? Is it realistic? Have you considered all interested parties?
T	imed	When by? What needs to happen?

Goal : Put down a deposit on a house

Case study 1

- S**
 - Set up a savings account
 - Work out how much I can afford to put away each month
 - Set up a standing order into the savings account
- M**
 - Monthly checks on progress to that account
 - Set a time frame of four years to reach a deposit amount
- A**
 - Potential rental opportunities
 - To have a home of my own
 - I can finally get my stuff out of boxes
 - I can enjoy designing and decorating my house
- R**
 - I need a well paid job to cover living and saving costs
 - The amount could potentially increase over time according to salary amount
- T**
 - Set a time frame of four years to reach a deposit amount according to salary amount
 - Continue to save every month

Goal : Find a studio where I can do my ceramic work

Case study 2

- S**
 - Find a studio in Bristol to work in
 - Share costs with a friend
 - Work on weekends
- M**
 - Every week spend an hour reasearching studio's in the area. Speak to people and visit studio's
- A**
 - To have a creative outlet and get messy!
 - Create beautiful pieces for people to enjoy
 - Share expenses with a friend
 - Potential do get involved in small exhibitions or markets
- R**
 - It need to make financial sense
 - I need to concider the needs of the person sharing with me ie, location
 - Need equipment, kiln, table etc if it does not come with the studio
 - I need to speak to a friend about sharing a space
 - Research studio's in the area
 - We need to work out how much we can both afford taking into account running costs, material and time spent working
- T**
 - To be achieved by January 2012

Goal :

S	<ul style="list-style-type: none">••••
M	<ul style="list-style-type: none">••••
A	<ul style="list-style-type: none">••••
R	<ul style="list-style-type: none">••••
T	<ul style="list-style-type: none">••••