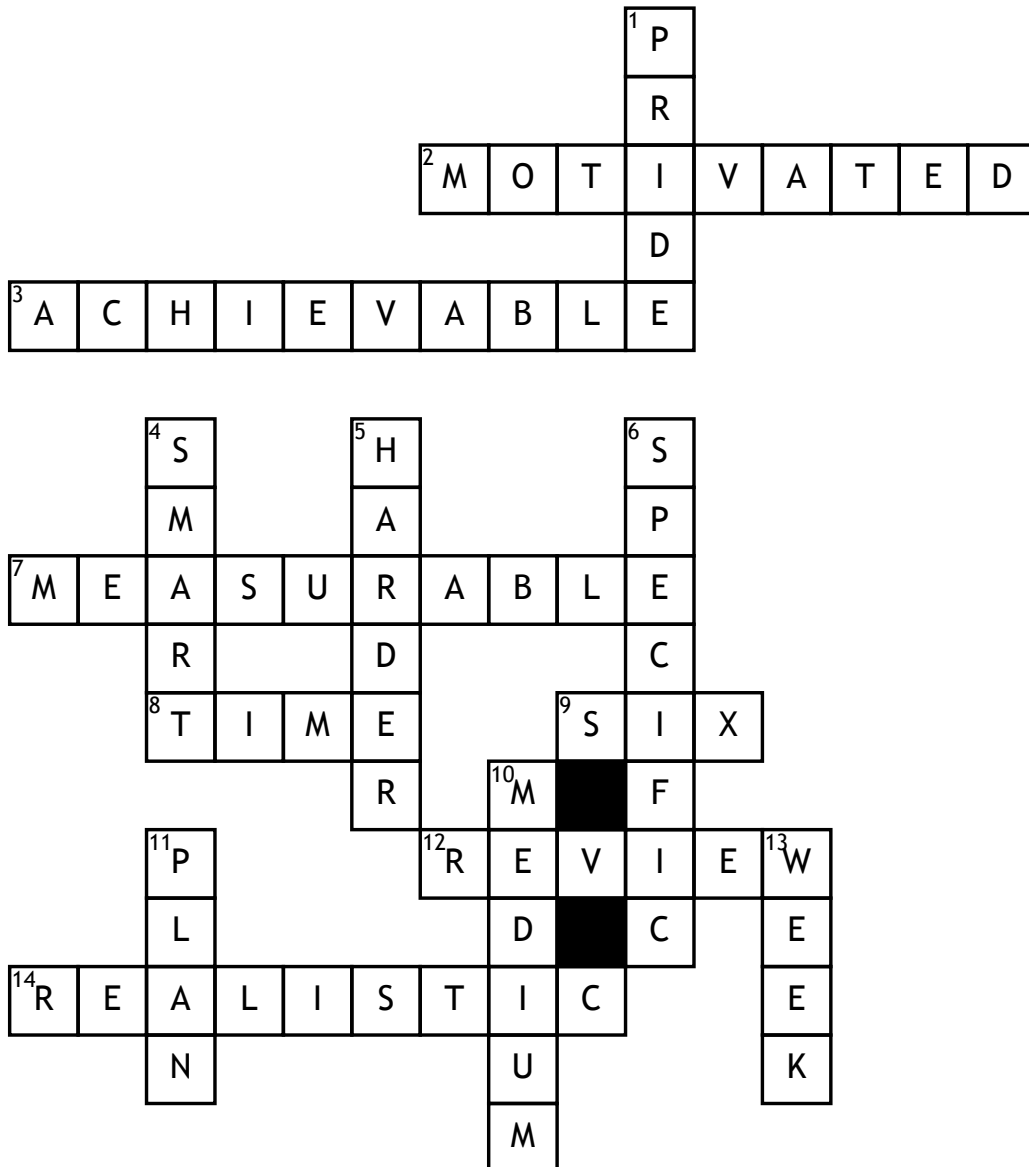


# SMART - Goal Setting



**Across**

- 2. Setting SMART goals, keeps us...
- 3. What does A stand for in SMART?
- 7. What does M stand for in SMART?
- 8. What does T stand for in SMART?
- 9. I should be looking to achieve my long term goal in how many months?

- 12. If you have not achieved your goal, what do you do?
- 14. What does R stand for in SMART?

**Down**

- 1. Achieving your goal, gives you a sense of....
- 4. What is the acronym that helps us remember how to set targets?

- 5. If you easily achieve your goal, you should have it...
- 6. What does S stand for in SMART?
- 10. It should take around 6 weeks to achieve this type of goal.
- 11. Ever goal should have a specific...
- 13. What is the time frame for a short term goal?