

Handout 4.4: Making targets SMART

Re-write each of the examples below as a SMART target.

Improve your time-keeping.

Get better at asking questions.

Be more co-operative in group activities.

Respond appropriately to staff when you arrive in the morning.

Show that you can keep your temper.

Keep off the booze!

Continue working on your reading.

Take the lead more often.

Show more positive motivation.

Make an effort to get on better with Spike.