

SMART goals

S - Specific

Goals should be specific, clear, and positively phrased (e.g. NOT “I do not want to fall down”, RATHER “I want to overcome this challenging part of this route”).

M - Measurable

The goal should be measurable, and progress should be recognisable.

A - Attractive

The goal should be attractive to the person and have positive connotations for the person.

R - Realistic

It should be manageable to achieve the goal with one's own skills and means, while considering circumstances and the environment.

T - Time bound

The goal should have a clear time frame.