

1.4. Be SMART...!

या धड्यामध्ये लेखकाने आपण आपल्या जीवनातले ध्येय कसे गाठावे व त्यासाठी कसे प्रयत्न करावेत हे सांगितले आहे.

Lesson summary

It is not possible to achieve goals in one day. The dream, strong wish, hard work and vision are important to achieve goals. We all have natural skills and talents. We can achieve goals easily if we use them correctly.

We should set SMART goals. Each letter of SMART stands for one quality. S for specific, M for measurable, A for achievable, R for realistic and T for time bound.

We should know what we want. The goals should be achievable so that they can be reached successfully. For example, each one of us can't become a President or a Prime Minister. But we can hope to be successful in future if we work hard in the right direction. It is also important to define a timeline to achieve the goals. We should learn to measure or track the progress against goals. It can help us understand what we need to work on.