

Trials have shown that when you write down your goals you are more likely to succeed by a huge margin. The SMART goal is a well-known way of writing and planning out your goals. I recently learned about the edition of ER to the goals to make it even more specific. SMARTER stands for Specific (S), Meaningful (M), Achievable (A), Relevant (R), and Time-Based (T) goals that are Evaluated (E) and Re-Adjusted (R) until you succeed. I am not the person who created this, I found it on Instagram actually but I think the last addition is great!

Specific

Meaningful

Achievable

Relevant

Time-based

Evaluated

Re-Adjusted