SMART GOALS

Set realistic SMART goals for personal development, studies and career. The acronym SMART stands for specific, measurable, achievable, realistic and time bound.

Certain attitudes, values and skills impact positively on the achievement of goals in relation to goals set, while other factors have a negative impact.

Factors that impact positively

Self-motivation

Perseverance

Positive thinking

Positive self image

Ambition

Responsibility

Punctuality

Factors that impact negatively

Absenteeism

Punctuality

Laziness

Unplanned pregnancy

Poverty

Taking care of minors

Peer pressure

Making incorrect decisions