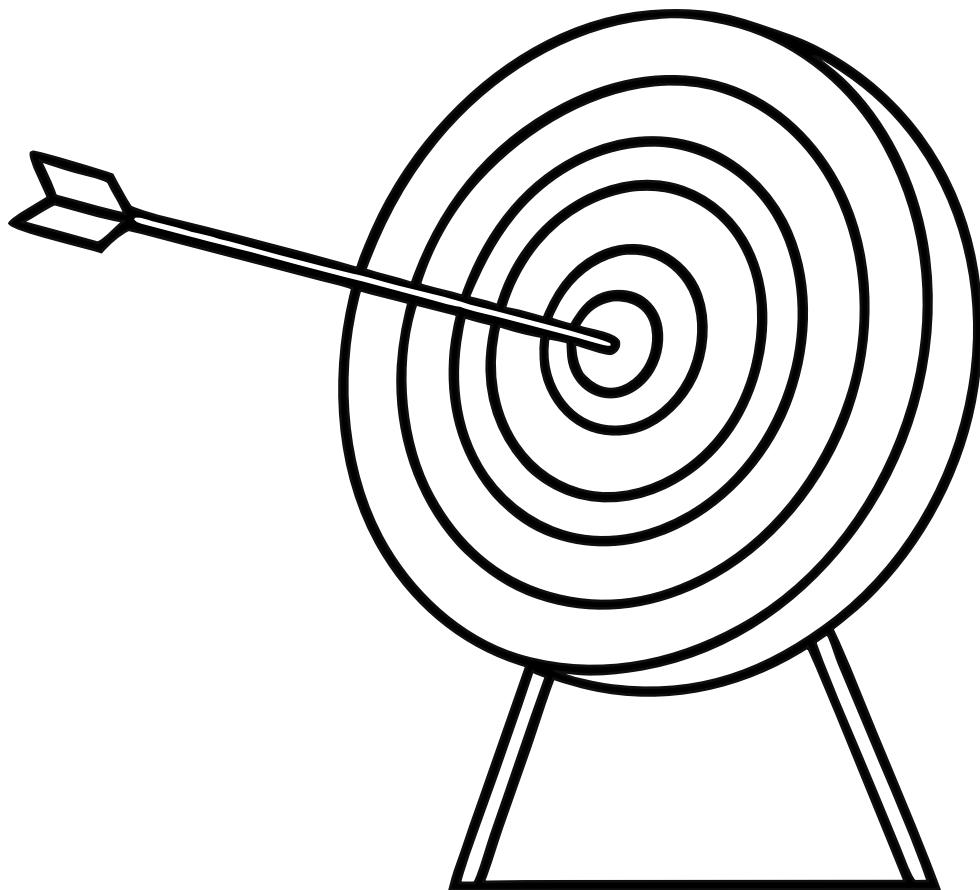
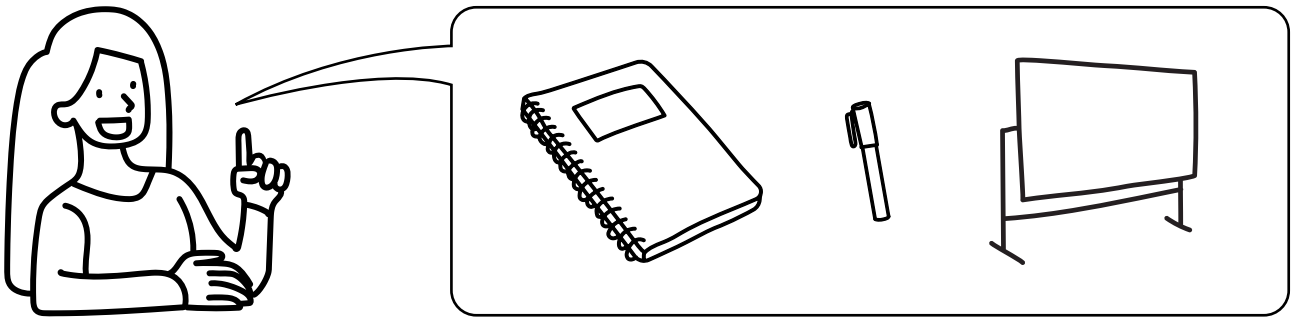


SMARTA MÅL





SMARTA mål is a step-by-step model for creating clear and achievable goals in a group. The model helps make goals specific, measurable, accepted, realistic and time-based. All steps are completed together, in order.



S

Specific

What exactly should be achieved?

- 1** What needs to be done, who is involved and where will it happen?
- 2** Spend 10 minutes on the above
- 3** You now have a clear and concrete goal



M

Measurable

How do we know we have succeeded?

- 1** What should have happened, how much and how many?
- 2** Spend 10 minutes on the above
- 3** You now know how to see that the goal has been achieved

A

Accepted

Do we really want this?

- 1** Does the goal feel meaningful and does everyone agree?
- 2** Spend 5–10 minutes on the above
- 3** The goal is now agreed on and accepted by everyone

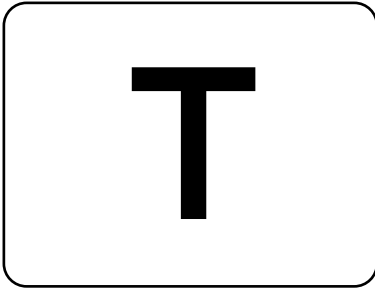


R

Realistic

Is it possible?

- 1** Do we have the resources and can we influence the outcome?
- 2** Spend 10 minutes on the above
- 3** You now know the goal is possible with the resources you have



Time-based

When should it be completed?

- 1** Set a date or time frame and a clear end point
- 2** Spend 5 minutes on the above
- 3** The goal now has a clear time frame