

FAQ

Can a SMART goal still be personal and flexible?

Yes. SMART does not mean rigid. You can use deadlines as review points and adjust your goal when your circumstances or priorities change.

What if my goal is influenced by other people?

That is normal. The goal is not to eliminate outside influence. Instead, ask whether you have consciously chosen the goal after considering your own values and priorities.

How do I know if I am setting goals for approval?

Pay attention to how you imagine success. If you think more about people's reactions, status, comparison, or recognition than about how the achievement will improve your life, approval may be driving the goal.

Should every personal goal be measurable?

Not necessarily. Some goals benefit from numbers, while others require qualitative measures. For example, stronger relationships may be measured through consistency, connection, and how you feel—not simply a number.

Is it okay to abandon a goal?

Yes. If a goal no longer reflects who you are or what you value, changing it can be a thoughtful decision rather than a failure. The important thing is to understand why you are changing course.
