**Appendix 0.2 - EXERCISE 1 (1 hour)**

**The concept of the goal**

Introduce the concept of a goal based on your own past experiences.

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|  |

**Read the SMART criteria (01)**

SPECIFIC/SIMPLE

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BOUND/TIMELY DEFINED

**Based on the selected company and entrepreneur, present examples (2 - 3) of goals according to the SMART rule:**

|  |
| --- |
|  |

**Based on your preferences, present the individual goals according to the SMART rule in the table below:**

|  |  |
| --- | --- |
| Goal type: | The content of the goal according to the SMART rule |
| Financial  |  |
| Family |  |
| Life style |  |
| Professional |  |
| Others … |  |