

# Personal Development

## Setting Objectives

Objectives provide individuals with a sense of direction. This module explores the four types of objectives and the characteristics of each. We will look at the S.M.A.R.T method of setting objectives and the two primary approaches, top down and bottoms up.

## In this Module

Videoscribe explainer video, with professional audio (duration: 03:30)

English Subtitles

6 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Follow the S.M.A.R.T method when setting objectives.
2. Set objectives at the right level.
3. Keep a written record of objectives that can be referred back to.

