

**SETTING SHORT AND LONG TERMS TARGETS**

SMART TARGETS are an invaluable development tool to a developing practitioner.

At the start of some workshops / rehearsals your tutor / director may ask you to set a SMART TARGET. You may also independently set yourself short and long term targets as part of your self-management.

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| **PRACTITIONER’S NAME** |  |
| **Date target set** |  |
| **Workshop / Rehearsal** |  |

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| **Short Term Target For The Session** | Specific |  |
| Measurable |  |
| Achievable |  |
| Realistic |  |
| Time |  |

**It is your responsibility to seek feedback from tutors, directors and peers so you can measure your success against this target**

**It is important that you are then able to set new targets for future development based on feedback you receive against this target**

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| Specific | I need to improve my character physicality. Finding a character tension point will help with my character physicality. To develop one tension point for my monologue character |
| Measurable | I will explore, find and the refine the tension point within one lesson |
| Achievable | I will take part in a physical warm-up, I will find where my character holds their tension, I will develop that into a tension point which I will then incorporate into my character physicality |
| Realistic | Character physicality is an integral part of character development/work. It is the first thing the audience connects to and is part of the symbology of the character. I want to create more believable characters on stage |
| Time | In this one lesson I will learn how to find tension points, and then apply it to my character. I will use that as part of my character physicality over the next two weeks rehearsal for my monologue. |