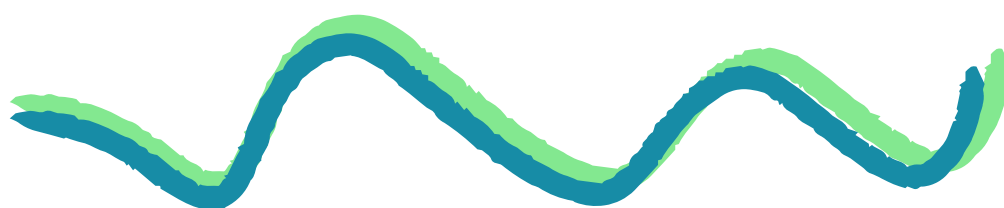


S M A R T

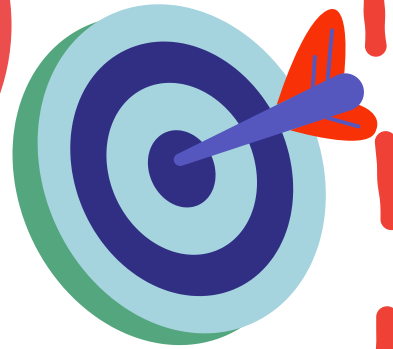
Goals



Name: _____



A Goal is something we
want Achieve



SPECIFIC



MEASURABLE



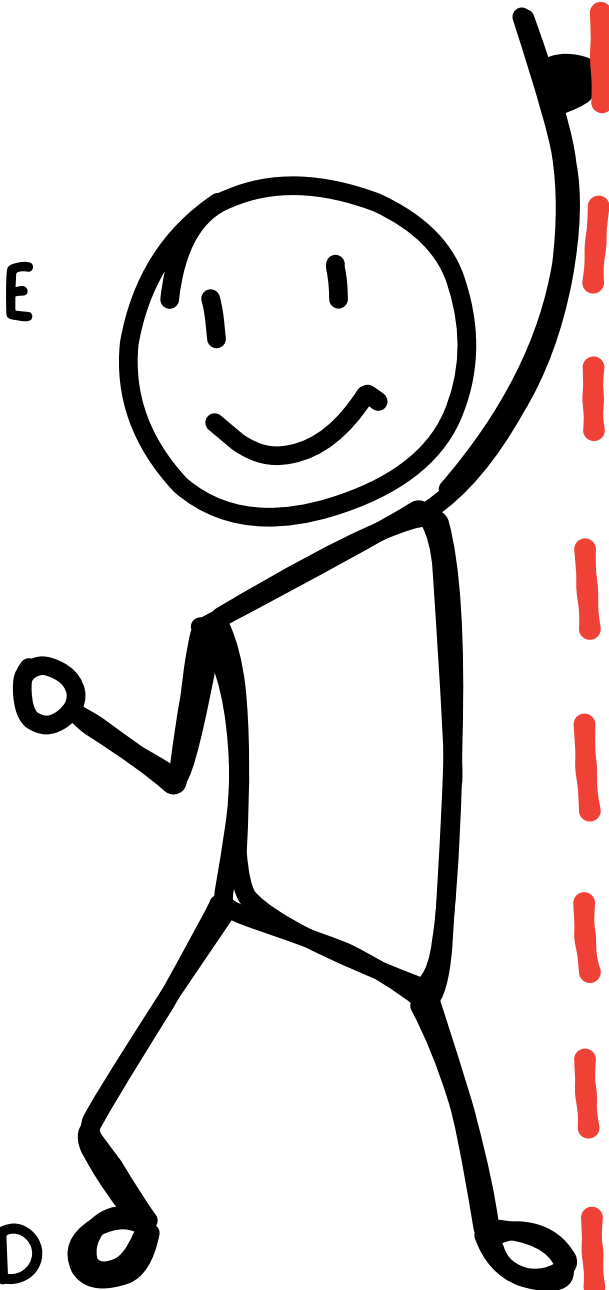
ACHIEVABLE



RELEVANT



TIME-BOUND



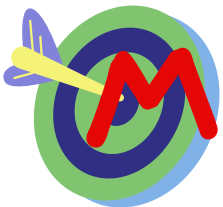
What make goals smart?



SPECIFIC:

Define your goals in detail.

Tip: answer "w" questions (who, where, when, what, which)



MEASUREABLE:

It means you can measure your goal and know when you have achieved it.

Tip: answer "how much" or "how many"



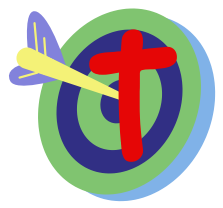
ACHIEVABLE:

It means you are setting goals that you can accomplish.



RELEVANT:

It means your goal makes sense, it is worth it and benefits you.



TIME-BOUND:

It means there is a time frame for your goal.

Tip: answer: "when" questions (1 week, every week)





SPECIFIC:

Define your goals in detail.

Tip: Answer "W" questions
(who, where, when, what, which)

LET'S LOOK AT AN EXAMPLE:

- I'm going to do more exercise ✖
- I'm going to go bike riding with Dad 3 times a week for 30 minutes. ✔

What makes the second goal SPECIFIC ?



MEASURABLE:

It means you can measure / quantify your goals. Consequently, you can also track your progress and you will know when you have achieved your goals.

Tip: Answer "how much" or "how many" questions.

LET'S LOOK AT AN EXAMPLE:

- I will eat healthy ✗
- I will have 5 portions of vegetables or fruit every day ✓

What makes the second goal MEASURABLE?



ACHIEVABLE:

It means you are setting goals that you can accomplish.

LET'S LOOK AT AN EXAMPLE:

- I will be the fastest swimmer in the school ✗
- I will improve my freestyle record by 5 seconds in the school swimming competition ✓
unless you are actually the fastest swimmer or you have a real chance to win

What makes the second goal ACHIEVABLE?





RELEVANT:

It means your goals are important to you (you don't do it to please others.) Your goals benefit you and meet your needs.
Tip: Ask yourself "Why is this important to me?"

LET'S LOOK AT AN EXAMPLE:

Imagine your best friend in the gymnastics team.
You don't love gymnastics but you love writing stories.

- I will join the gymnastics team ✗
- I will join the creative writing club at school ✓

What makes the second goal RELEVANT ?





TIME-BOUND:

It means there is a time frame for your goal.
Tip: Answer "When" questions (one week, every week...)

LET'S LOOK AT AN EXAMPLE:

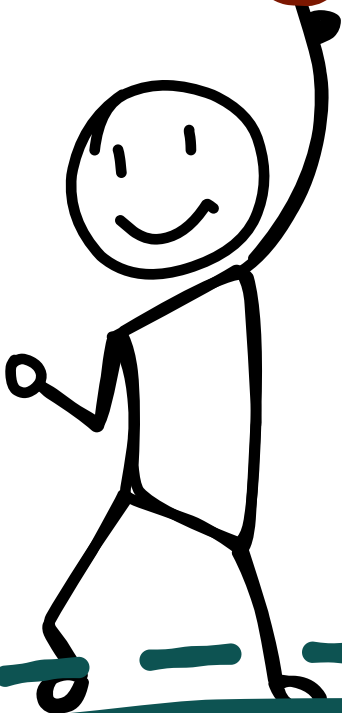
- I will practice my timetables ✗
- I will practice my timetables 10 minutes every weekday ✓

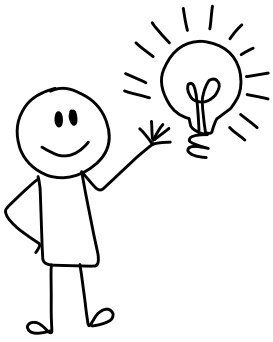
what makes the second goal TIME-BOUND?



LET'S WORK ON
YOUR

GOALS!

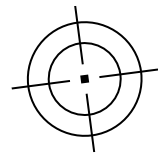




My Smart Goal 1

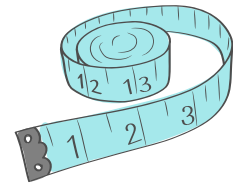
S

SPECIFIC:



M

MEASURABLE:



A

ACHIEVABLE:



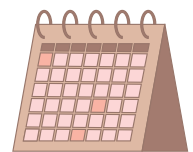
R

RELEVANT:



T

TIME-BOUND:



My SMART Goal

SPECIFIC:

MEASURABLE:

ACHIEVABLE:

RELEVANT:

TIME-BOUND:



ACHIEVED

My SMART Goal

SPECIFIC:

MEASURABLE:

ACHIEVABLE:

RELEVANT:

TIME-BOUND:



ACHIEVED



S M A R T

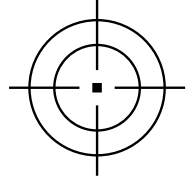
GOAL

FLASHCARDS



S M A R T

GOALS:



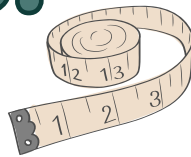
SPECIFIC GOALS:

Define your goals in detail.
Tip: Answer "W" questions
(who, where, when, what, which)



S M A R T

GOALS:



MEASURABLE GOALS:

You can measure your goals.
You know when you have achieved them.

Tip: Answer "How much" or "How many" questions.



S M A R T

GOALS:



ACHIEVABLE GOALS:

It means you are setting goals that you can accomplish.





S M A R T

GOAL

FLASHCARDS



S M A R T

GOALS:



R



RELEVANT GOALS:

It means your goals benefit you.

Tip: Ask yourself "Why is this important to me?"



S M A R T

GOALS:



T



TIME-BOUND GOALS:

It means there is a time frame.

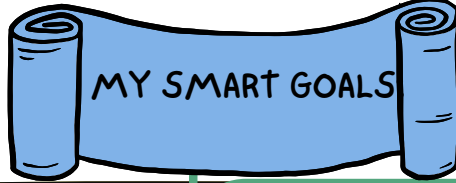
Tip: Answer "How much" or "How many" questions.



S M A R T

Goals

Name: _____



LET'S WORK ON

OUR

GOALS!

- SPECIFIC:
- MEASUREABLE:
- ACHIEVABLE:
- RELEVANT:



SPECIFIC:

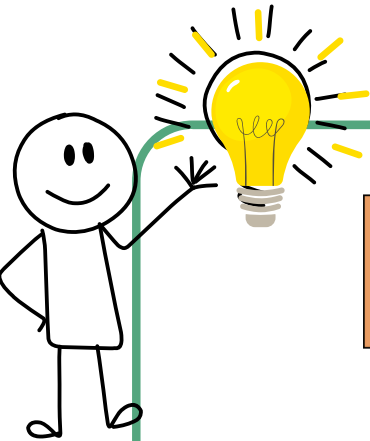
Define your goals in detail.
 Tip: Answer "W" questions
 (who, where, when, what, which)

LET'S LOOK AT AN EXAMPLE:

I'm going to do more exercise

I'm going to go bike riding with Dad 3 times a week for 30 minutes.

Does the second goal TIME-BOUND?



My Smart Goals

SPECIFIC:

MEASUREABLE:

ACHIEVABLE:

RELEVANT:

TIME-BOUND

My Smart Goal

- SPECIFIC: MEASUREABLE:
- ACHIEVABLE: RELEVANT:
- TIME-BOUND

My Smart Goal

- SPECIFIC: MEASUREABLE:
- ACHIEVABLE: RELEVANT:
- TIME-BOUND

