

SMART Goals

Brainstorm! → What is a goal you would like to reach this year?

(Examples: read 50 books, learn how to open a combination lock, etc).

In order for us to achieve our goals, we must be “smart” about it.

“A goal without a plan is just a wish.”

S	Specific: what exactly do you want to do? <i>Be exact—can you see it?</i>
M	Measurable: how will you know you've reached your goal? <i>How will you know when you're finished?</i>
A	Achievable: is this goal possible?
R	Relevant: why is this goal important to you?
T	Time-Bound: when exactly do you want your goal to be met?

Here is a list of goals. Some are SMART and some are not.

Circle the SMART goals.

I will go to bed at 8:00 every night this week.	I will read more often.
I'll do better about turning in my homework.	I will practice my math facts 3 times per week until the next quiz.
I will get good grades.	I will read 100 books by the end of the school year.

Using the SMART definitions, explain why the ones your circled are SMART and the others are not.