

## 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.”**

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

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

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