

SMART GOALS

**There are three (3) pages of information and activities relating to smart goals.
Please follow the instructions for each section.**

Activity 1 - Read the information

A huge part of success is planning. Many people do not succeed in their goals because they fail to plan. There are many ways to plan and SMART GOALS is one easy way to reflect on what you want to do and how you plan to do it.

S	M	A	R	T
Specific	Measurable	Attainable/ Agreed/	Relevant/ Realistic	Timed

Goal setting can be very hard at first and feel like a lot of work but careful planning is important and it is very helpful to break big tasks down into smaller achievable goals. When you turn big assessments/projects into small steps what seems impossible to achieve becomes possible.

Goal setting gets easier the more you practice, just like everything else.

Activity 2 - Complete the close passage

The missing words

Measurable	identify	usually	timeframe
parent	interested	clear	tables

Specific	Goals need to be well defined and c_____ on what needs to be done. If you are clear and know what you need to do then you will not get confused.
_____	Clear, specific goals can be measured. Measuring helps you to keep track of your progress. If you set a goal to improve your 2 times t_____ by the end of term, you can measure your success by timing how fast you say them and if you say them correctly.
Attainable/Agreed/	Realistic, specific goals can be achieved. Set goals you can do. Talk about them with a teacher, carer or p_____ and agree on your SMART goals with them. The goal to fly to the moon by Friday is a goal that is specific and measurable but is not attainable for any child.
Relevant/realistic	When you i_____ goals that are important to you, you will want to achieve them because you feel their importance and you are i_____.
Timed	Goals need a t_____ if you are to measure improvement. They also need to be timed because _____ tasks need to be completed in a specific timeframe. For example, most school assignments have a due date.

Activity 3 - Read the information and think about what can be your SMART GOAL

SMART GOALS EXAMPLES

Big Life Journal

✗ NOT A S.M.A.R.T. GOAL **✓ S.M.A.R.T. GOAL**

✗ I'm going to eat healthier.

✓ Every day for one month, I am going to eat a piece of fruit at lunchtime.

✗ I'm going to reduce my screen time.

✓ Instead of watching 30 minutes of television at night before bed, I am going to read three books with mum or dad.

✗ I'm going to practise my instrument more often.

✓ I will mark the dates on the calendar to practise for 20 minutes each session.

✗ I'd like to make it on the football team.

✓ I will practise my drills everyday for 20 minutes so I feel prepared for trials.

✗ I'd like to get better at reading.

✓ For one week I will increase my reading time by 5 minutes each day.

✗ I'd like to get outside more.

✓ Each day after school I will go outside and move my body for at least 20 minutes.

✗ I'd like to learn how to cook.

✓ I will spend at least 10 minutes helping cook dinner two times a week.

✗ I'd like to keep my room clean and organised.

✓ I will add bins to help keep my things organised and twice a week I will put toys into the bins.

✗ I'd like to get better at drawing animals.

✓ I will take an online drawing class during the Spring break.

✗ I'd like to feel more confident talking in front of large groups of people.

✓ I will ask my teacher if I can talk in front of the class once a month.

Mrs Adams SMART GOAL example

Specific	<p>Describe your goal</p> <p><i>To weed and water my 2m*1m vegetable garden in the next 4 weeks (14/08/2021)</i></p>
Measurable	<p><i>How will you track your progress?</i></p> <p><i>By taking before, during and after photographs of the garden once a week from the same angle and at the same time of the day. Then recording any visual changes I can see</i></p>
Achievable	<p><i>What three steps can you take to reach your goal.</i></p> <ol style="list-style-type: none"><i>1. Set a timer to remind me to go outside and do the task</i><i>2. Water once a week at that time</i><i>3. Weed every week for 10 minutes</i>
Relevant/realistic	<p><i>Why is this goal important to you?</i></p> <p><i>I want my strawberries and dwarf orange tree to grow better. Also if I weed the garden I should be able to move some of my lettuce out of my flower pot which is too small for the lettuce.</i></p>
Timed	<p><i>When will you reach your goal?</i></p> <p><i>I have given myself a timeframe of 4 weeks. By that time I need to have the garden weeded of weeds. I will reach the watering goal by just remembering to do that every week.</i></p>