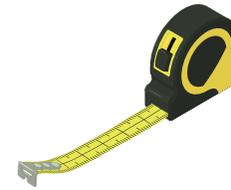


MY SMART GOALS



MEASURABLE



ATTAINABLE



RELEVANT



SPECIFIC



TIMELY

AIMS



In this lesson you will:

- Build on 1st year Guidance Related Learning in the area of Goal Setting.
- Be shown how to set S.M.A.R.T goals.
- Encouraged to identify a goal you want to achieve and shown how to take ownership of this goal and the process involved in achieving it.
- Assisted in creating a workable plan to guide you in achieving your goal.

OUTCOMES

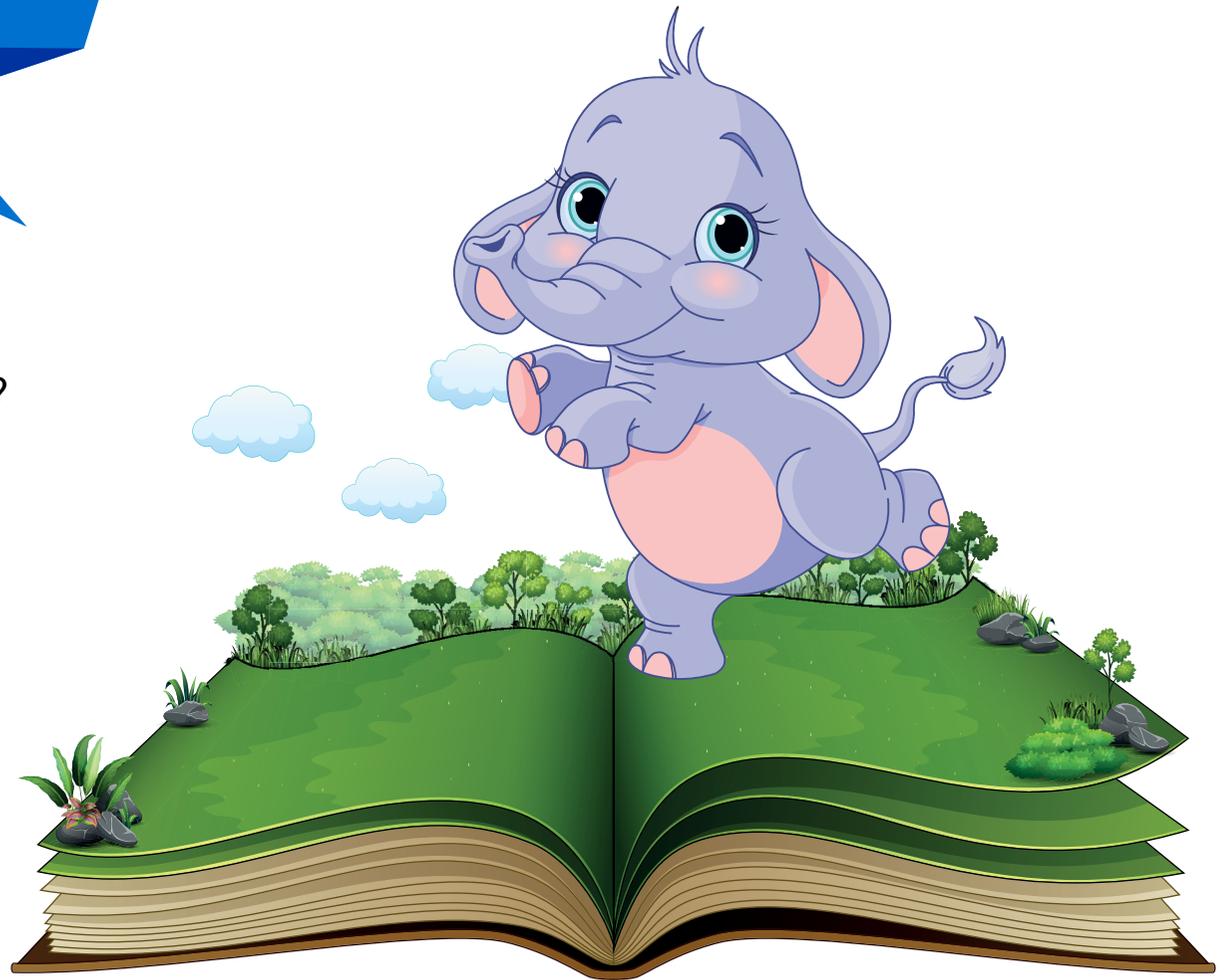


At the end of this lesson you will be able to:

- Identify a goal you want to accomplish.
- Turn your goal into a S.M.A.R.T goal.
- Create a workable plan to guide you in achieving your goal.
- Recall how you will assess your progress.

CAN YOU REMEMBER?

The story of Edmund the Elephant?



THE STORY OF EDMUND



- Edmund wanted to become a world famous artist!
- His friends thought his idea was funny and some were even embarrassed for Edmund.
- Edmund's goal wasn't S.M.A.R.T.
- His auntie Doris helped him make his goal S.M.A.R.T
- Edmund made his goal more specific, measurable, attainable, realistic and timely.
- Even thinking about his goal in this way made Edmund feel like he could achieve it!



S.M.A.R.T GOAL



SPECIFIC

Specific means that your goal is detailed and exact.



MEASURABLE

Measurable means that you can track your progress and know exactly when your goal is met. It usually involves numbers.



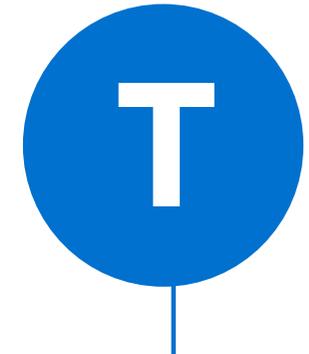
ATTAINABLE

Attainable means that your goal is reasonable and that it is not out of reach for you.



RELEVANT

Relevant means that your goal is worthwhile. It is something important to you.



TIMELY

Timely means your goal will be accomplished within a given timeframe.

OVER TO YOU...



**Think of a goal you
would like to achieve
this year.**

S.M.A.R.T GOAL

Is your GOAL S.M.A.R.T?



Maybe you need to break your goal into more manageable short-term steps.

An effective goal must be reasonably within reach. It should be neither too challenging nor too easy.

For example can you remember when you learned how to cycle a bike? The first step might have been watching someone older than you cycle a bike. The second step might have been learning to cycle a bike with training wheels. A step up from that could have been pedalling the bike while someone held on to help you balance. And finally, you may have practiced cycling on your own.

S.M.A.R.T GOAL

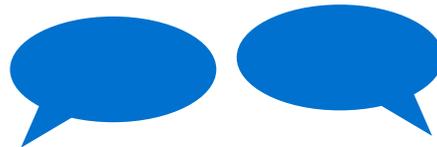
1

Using the S.M.A.R.T Goal worksheet check if your goal is S.M.A.R.T?



2

In pairs please discuss your goal with your partner and why you think your goal is S.M.A.R.T.



3

Once again, if your goal is still not S.M.A.R.T break it down to make it more specific.



DISCUSS THE PURPOSE OF YOUR GOAL

- In order to be truly motivated to reach your goal, you must understand your **“WHY.”**
- Why do you want to achieve this goal?
Why does it matter? What is your purpose?
- For example “I want to learn how to cycle a bike so that I can cycle to school.”
- In pairs discuss **“What you think is the greatest benefit to you achieving this goal?”**



BRAINSTORM POTENTIAL OBSTACLES

- If you don't plan in advance for potential obstacles, an unforeseen challenge or difficulty could derail your motivation.
- Are there any challenges in achieving your goal?
- How can you overcome these challenges?
- Discuss with your partner!



EXAMPLE

- You are now going to put your goals into **ACTION!**
- You will now create your own action plan.



YOUR PLAN

When you are ready to commit to your plan reflect on what is involved in achieving this goal and then sign and date it.

FOLLOW UP

How often are you going to reflect on your goal and review your progress?

REVIEW

Can you...

- Identify a goal you want to accomplish.
- Turn your goal into a S.M.A.R.T goal.
- Create a workable plan to guide you in achieving your goal.
- Recall how you will assess your progress.