

Name: _____

What is a SMART Goal?

S is for Specific: Do not generalize, be very specific with your goal. For instance, I'm going to read more isn't a specific goal, but I'm going to read non-fiction for 20 minutes each night is.

M is for Manageable/Measurable: A goal has to be something you can manage or measure and have the time to do. For instance, to say that I am going to bring a science mark to an 80% or greater by next Friday isn't something I can manage. I might however, be able to bring my science mark to an 80% or greater by the end of the term is something I can manage.

A is for Attainable: The goal should be something that you can attain or achieve. For instance, I will win the lottery this week isn't something that is likely to happen, hence not achievable or attainable.

R is for Realistic: Goals need to be meaningful and realistic to be obtained. Set a realistic goal for yourself not a far fetched goal.

T is for timely: A goal needs to be achieved by a certain time frame, decide on when the goal will be met.

Your task:

Write a sample goal for yourself and explain who and how it meets each of the letters SMART to make it a SMART goal:
