Name:

Re-State the Goals

Re-write the following goals and make them (Specific, Managable, Attainable, Realistic and Timely) SMART goals (see the example below first):

> **Sample Goal:** I will do better in school .
> **Re-Stated Smart Goal:** I will improve my math and science grades by 10% for the end of this term by reviewing my notes and doing my homework regularly.

1. I will become fit.
2. I will save money.
3. I will get better marks.
4. I will be more grateful.
5. I will make more friends.

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