



SMART GOALS

Setting a goal is the first step on the journey to achieving a dream. A goal is a desire that is put into action with a plan. When setting goals in life, it is important to be SMART. SMART is a goal-setting acronym that stands for Specific, Measurable, Attainable, Relevant, and Timely.

A goal must be specific, which means it should be clearly defined. If the end result is not clear or understandable, it will be hard to get there. Goals that are specific are fine-tuned and exact. Setting a goal to run a ten-minute mile is an example of a goal that is specific.

A goal also needs to be measurable. In other words, there needs to be a way to determine if the goal is achieved. An easy way to do this is to set mini-goals that can be accomplished while working towards the larger goal. If the goal is to run a ten-minute mile, it would be helpful to work towards that time gradually, or in thirty-second intervals.

A goal should be attainable. An attainable goal is something that is realistic and has the potential to be accomplished. Goals must be able to be achieved with current skills and abilities. If a person setting a goal to run a ten-minute mile cannot run a mile, the goal is not attainable. Remember, goals are not the same as dreams. They are stepping stones to achieve those dreams.

Goals should be relevant. A goal is relevant if it is meaningful and important. A goal is much more likely to be achieved if it is worthwhile. An athlete may want to run a ten-minute mile in order to make the track team or get a better grade in gym class. Either way, the goal has a deeper meaning.

Finally, goals must be timely. It is critical that the goal have time constraints. There is no urgency created by an open-ended goal. For example, setting a goal to be able to run a ten-minute mile within six months is timely. Establishing a deadline is a critical step in the goal-setting process.

SMART goals increase the chances of success by clarifying ideas, focusing efforts, and managing time wisely. Like anything else in life, setting and achieving SMART goals takes dedication and practice. Big dreams start with small steps in the right direction.

SMART GOALS

Part 1. Vocabulary: Match each word below with its correct definition.

- | | |
|---------------------|---|
| 1. urgency _____ | a. closely connected to what is being done |
| 2. relevant _____ | b. a feeling of very strong support for someone or something |
| 3. acronym _____ | c. clearly defined or identified |
| 4. specific _____ | d. a word formed from the first letter of each word in a phrase |
| 5. dedication _____ | e. something requiring immediate action or attention |

Part 2. Comprehension: Choose the correct answer for each question below.

6. True or False? SMART is a goal-setting acronym.
 - a. true
 - b. false
7. What does the M in SMART stand for?
 - a. meaningful
 - b. measurable
 - c. monumental
8. What does the R in SMART stand for?
 - a. realistic
 - b. reasonable
 - c. relevant
9. True or False? SMART goals have deadlines.
 - a. true
 - b. false

Part 3. Extension

10. Provide one example of a SMART goal.

SMART Goals Vocabulary

DEFINITION	acronym	SYNONYM(S)
SENTENCE		PICTURE

DEFINITION	specific	SYNONYM(S)
SENTENCE		PICTURE

DEFINITION	relevant	SYNONYM(S)
SENTENCE		PICTURE

DEFINITION	urgency	SYNONYM(S)
SENTENCE		PICTURE

DEFINITION	dedication	SYNONYM(S)
SENTENCE		PICTURE

Name _____

Date _____

SMART GOALS



Part 1. Word Scramble

Unscramble each word related to SMART goals listed below.

1. nocryma _____
2. tndaciodei _____
3. trelnvae _____
4. pcfiseci _____
5. ygecnur _____

Part 2.

Use each word you unscrambled above in an original sentence.

① _____

② _____

③ _____

④ _____

⑤ _____

SMART GOALS

S	Your goal must be specific . What exactly are you going to achieve?	My goal is
M	Your goal must be measurable . How will you measure your progress?	I will track the progress I make towards my goal by
A	Your goal must be attainable . Do you have the skills and abilities necessary to achieve your goal?	My goal is attainable because I can
R	Your goal must be relevant . Why is achieving your goal important to you? How is it meaningful?	Achieving this goal is important and meaningful to me because
T	Your goal must be timely . How much time do you have to achieve your goal?	My goal will be achieved by

STEPS TO REACH MY GOAL:

1	2	3	4
			