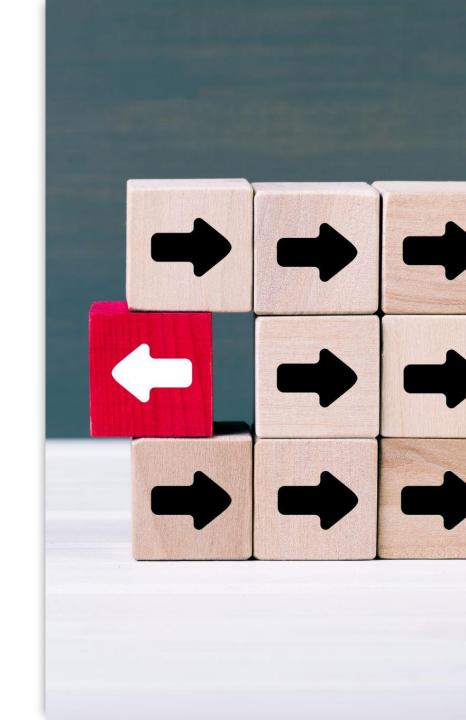


### Why Set Goals?

- Give us direction and focus
- Help us measure progress
- Motivate us to keep going



#### **Discussion Prompt**



Have you ever set a goal for yourself?



What happened—were you able to reach it?



Why or why not?

#### What is a SMART Goal?

S – Specific: What exactly do you want to achieve?

M – Measurable: How will you know you achieved it?

A – Achievable: Is it realistic?

R – Relevant: Does it matter to you?

T – Time-bound: When will you reach it by?

## **Example SMART Goal**

X I want to get better at math.

✓ I will raise my math grade from a C to a B by the end of the semester by:

- Completing all homework on time
- Asking for help twice a week

# Activity: Create Your Own SMART Goal



## Reflection & Wrap-Up



WHAT WAS THE HARDEST PART OF MAKING YOUR GOAL SMART?



HOW MIGHT WRITING IT DOWN MAKE YOU MORE LIKELY TO ACHIEVE IT?



A GOAL WITHOUT A PLAN IS JUST A WISH.