🎯 Goal Setting for Success

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

❌ 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

Choose — Choose an area you want to improve

Write — Write your goal using the SMART steps

Share — Share with a partner or the class

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.