

## Rules for Good Goal-Setting #3

### **First Thoughts:**

In 20 words or less, write down why you think there needs to be rules for good goal-setting.

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If you bake a cake, you have to follow the recipe if you want it to turn out right. If you assemble a bookcase, you need to follow the instructions to be sure it will support all your books properly and not fall apart. If you want to set good goals, you need to make sure they are SMART.

When we talk about SMART with goal-setting though, we mean something totally different. SMART is an acronym; this means that each letter stands for something to do with rules for goal setting.

- Simple – create goals that are easy to understand
- Measureable – make sure you are able to measure whether you reach the goal; clear benchmarks
- Achievable – make goals that are within reach
- Realistic – stretch yourself but don't set goals that are impossible to reach
- Timed – put a timeframe on when you'd like to achieve the goals by

Don't worry if you don't totally understand each of these yet, we will look at them in more detail later. Think about a goal you may have set in the last year – something you wanted to do or achieve. Which of the SMART rules did your goal stick to?

Each of these rules is important for a reason. Each of the rules helps you to increase the chances of achieving your goals. For example, if there is no way to measure whether or not you have achieved your goal, how will you know when you have hit your target?

It is through many years of research and experimentation that the SMART principles have been developed so it makes sense to benefit from the work done in the past.

Now take the quiz below to see if you can identify smart goals.

	<b>A</b>	<b>B</b>
<p><b>SPECIFIC:</b> Which goal is very specific and identifies what you want to achieve?</p> <p style="text-align: center;"><b>A or B</b></p>	I want to do better in math class.	I want to pass every math test this year.
<p><b>MEASURABLE:</b> Are you able to measure when you have reached your goal?</p> <p style="text-align: center;"><b>A or B</b></p>	I want to improve my freestyle swim stroke.	I want to drop my freestyle time by 4 seconds this year.
<p><b>ACHIEVABLE:</b> Is it possible for you to reach this goal?</p> <p style="text-align: center;"><b>A or B</b></p>	I want our soccer team to have fewer yellow cards this season than last year.	Our soccer team will advance to nationals this season undefeated.
<p><b>REALISTIC/RELEVANT:</b> Is your goal something that you not only can achieve but do so in the time available? Does this goal have an importance for you?</p> <p style="text-align: center;"><b>A or B</b></p>	I am working to become a better speller by reading a variety of more texts.	I am going to participate in the National Spelling Bee this year.
<p><b>TIMED:</b> Do you have a starting and end date to achieve your goal?</p> <p style="text-align: center;"><b>A or B</b></p>	I want a good AR grade.	I want to take and pass my first AR quiz by September 7 <sup>th</sup> .