**SMART Strategies**

***Long and Short Term Goals and Strategies***

**Long Term Goals**

Long term goals are things you want to achieve over long time periods (the clue is in the name) such as buying a car. It seems straightforward, right? Just go and buy the car. But you have no money. That is why this is long term. You need to save up.

**Short Term Goals**

This is where short term goals come in useful. You need to get money but how? You need a job! Your first short term goal is to get a job.

Another short term goal will need to be save a specific amount of your pay until you have the required amount.

**Strategies**

This is the activities you need to do to achieve the goals. Working on the short term goals:

Get a job – you will need to identify job opportunities, prepare a resume, line up interviews etc.

Saving up – you will need to open 2 bank accounts, then have a direct debit created for your work to put correct amounts in correct accounts. You will need strategies to avoid spending the money such as only having one of the accounts accessible by ATM.

|  |  |
| --- | --- |
| **Examples of Personal Goals** | **Examples of SMART strategies** |
| Improve my fitness | Walk the dog 3 times per week |
| Be able to lift xx kg on the bench press | Visit the gym twice per week |
| Improve my communication with mum and dad | talk to them each day about school |
| Improve my organization at school | Use my diary each day, get it checked by home group teacher and parents each Monday |
| Be able to shoot accurately in netball | Shoot 50 goals per day after school |

|  |  |
| --- | --- |
| **Examples of Learning Goals** | **Examples of SMART strategies** |
| Improve my musical instrument playing | Practice ½ hour each day, get instrumental diary signed by teacher |
| Improve my reading skills | Borrow 5 books from the library, read them and discuss with my teacher |
| Improve my math skills | Ask for help in class, complete my homework, ask mum for help if I get stuck |
| Complete my homework on time | Use my diary and get teachers to sign when homework is done |
| Achieve a B grade in Science | Participate in class activities do my homework and ask for help when I am not sure |
| Improve my ability to read out loud | Ask to read in English, practice at home 10 minutes on Tuesday and Thursday nights |

**My Personal and Learning Goals**

|  |  |
| --- | --- |
| **My Learning Goal(s)** | **My SMART strategies** |
|  |  |
| **My Personal Goal(s)** | **My SMART strategies** |