**Personal and Learning Goals**

**SMART Goals**

The acronym SMART can be used to provide a more comprehensive definition for goal setting:

**Specific**

* Well defined and detailed
* Clear to anyone
* Leads to the results you are striving toward
* Avoid words like: enjoy, realize, and be aware of, which are more ambiguous; and,
* Include more concrete words like: demonstrate, implement, produce and express.

**Measurable**

* Know if the goal is obtainable and how far away completion is
* Allows for you to track your progress
* Know when it has been achieved
* Where possible, your objective quantifies your goal (e.g. increase fundraising target by 10%).

**Achievable**

* You have the ability to accomplish this objective;
* You have taken into consideration any limitations/constraints that may exist; and,
* Your objective is appropriately related to what you will be doing during your activity.

**Realistic**

* Within the availability of resources, knowledge and time
* Your objective is relevant to you.

**Timely**

* Enough time to achieve the goal
* Not too much time, which can affect performance

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| **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 |

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| **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**

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| **My Learning Goals** | **My SMART strategies** |
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| **My Personal Goals** | **My SMART strategies** |