



Setting SMART Goals!

Learn How to Achieve Your Dreams

What is a Goal?

- A goal is something you want to achieve or get better at. It's like setting a target for yourself in a game, but this time, the game is real life!

Why Should We Set Goals?

Setting goals helps us:

- Stay focused on what's important
- Make better decisions
- Feel proud and happy when we achieve them

SMART Goals Are Special

- SMART is a special word that helps us remember how to set great goals. Each letter stands for a tip to make your goals really work for you!

S is for Specific

- Your goal should be clear and specific. Instead of saying 'I want to be better at maths,' say 'I want to improve my times tables.'

M is for Measurable

- How will you know you've reached your goal? If your goal is measurable, you can see your progress, like getting 9 out of 10 times tables right.

A is for Achievable

- our goal should be something you can reach. If you find multiplication tough, don't aim to be perfect overnight. Aim to improve bit by bit.

R is for Relevant

- Choose goals that are important to you and will help you in the long run, like getting better at subjects you need for your dream job.

T is for Time-Bound

- Set a deadline for your goal. It's like a finish line in a race, giving you something to aim for. For example, 'I want to improve my times tables by the end of the term.'

Setting Your Own SMART Goal

- Think of something you want to achieve. Use what we learned to make it a SMART goal. Write it down and share it if you'd like.

Reading Improvement Goal:

- **SMART Goal:** "I will read one new book that interests me every month for the next three months to improve my reading skills and discuss each book with my teacher or a parent to track my progress."

Maths Mastery Goal:

- **SMART Goal:** "To improve my multiplication and division skills, I will practice with online games and worksheets for 15 minutes every weekday after school, aiming to increase my quiz scores by 20% by the end of the term."

Physical Activity Goal:

- **SMART Goal:** "I will increase my physical activity by joining a soccer team and attending practice sessions three times a week, aiming to participate in every game this season to improve my fitness and teamwork skills."

Environmental Responsibility Goal:

- **SMART Goal:** "To help the environment, I will reduce my personal waste by using a reusable water bottle, bringing my own shopping bags, and recycling at home, aiming to cut down my family's waste by half within the next two months."

Social Skills Goal:

- **SMART Goal:** "I will join the school's art club this month and commit to attending weekly meetings throughout the term, aiming to make at least two new friends by participating in club activities and contributing to group projects."

You're Ready to Achieve!