

S.M.A.R.T. Goal Setting

Directions: Brainstorm 4-5 S.M.A.R.T. goals that you have for the upcoming year. Think critically about what you would like to improve upon/change in your life.

Requirements:

- You must relate at least two goals to school

Example: I would like to learn at least 30 new Hebrew words by the end of December 2023

SMART Goal Setting

Letter	Definition	Guiding Question
S	Specific	What exactly are you going to achieve?
M	Measurable	How will you know you've achieved your goal?
A	Achievable	Is your goal doable? Can it be achieved in the time given?
R	Relevant	Is your goal important to you right now? Will it help you into the future?
T	Time-Bound	How long will you give yourself to achieve your goal?

captainkool

My S.M.A.R.T. goal is...	Two practical steps I can take to achieve this goal are...
My goal is to get into a healthy workout routine by the end of 2023.	<ul style="list-style-type: none"> • In the mornings I can set two alarms so if I snooze the first one I will have a second reminder to wake up. • Get a workout pattern to be more motivated.
Make it into the prem soccer team for the summer season.	<ul style="list-style-type: none"> • I will add more practice into my workouts every morning. • And I will put more effort into my team practice.
Learn the meaning of ten Hebrew words by the end of 2023.	<ul style="list-style-type: none"> • Once a week I will look into a new Hebrew word. • Ask maya B to help me learn faster.
My goal is to get all A's this year for grade 8.	<ul style="list-style-type: none"> • Make sure to put all my work into my agenda so I don't forget about it. • Try to put more effort into all the classes. And try to focus on them one at a time.
Continue working on organizing my school work.	<ul style="list-style-type: none"> • Using my resource time to get organized. • Getting into the habit of checking the homework board every day.