Setting SMART Goals

Having clear goals to work towards is vital to resilience as it keeps you motivated through tough times.

It’s also important to note that that goals must be SMART, so they are realistic and do not have the opposite effect and demotivate.

**Objective:**

* Pupils will understand what a SMART goal is.
* Pupils will understand how setting SMART goals can help build their resilience.
* Pupils will create their own short-term and long-term goals.

**Materials:**

Worksheet for each pupil

Pens

**Total Time:** 30 minutes

**Part One** (5 minutes)

Read the introduction and ‘what does S.M.A.R.T stand for?’.

**Part Two** (25 minutes)

Ask pupils to create their own S.M.A.R.T short-term and long-term goal.

*Ask pupils to put their hands up and share their goals if they feel comfortable doing so.*

*Pupils can cut out and stick their goals into their homework diaries to refer back to.*

# Setting S.M.A.R.T Goals Worksheet

Having clear goals in your personal and academic life is important. They help you bounce back when you are going through a difficult time and motivate you to work towards something positive.

The S.M.A.R.T goal framework is a great base to use when creating your own goals, as it will clarify your ideas and focus your effort and time.

1. **What does S.M.A.R.T stand for?**

Specific

Measurable

Attainable

Realistic/Relevant

Time Bound

1. **Setting your own S.M.A.R.T goals**

Set yourself a short-term and long-term goal using the S.M.A.R.T framework, this can be related to school or your personal life.

*Short-term example: I want to read 5 books about robotics in the next 3 months.*

*Long-term example: I want to increase my English grade from a D to a B by the end of this academic year.*

My short-term goal ⭐️

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My long-term goal ⭐️

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