

Setting goals is an important part of making changes and moving forward in life. Sometimes goals can feel too big or unclear, which can make them hard to achieve. The **SMART** method helps turn a general idea into a clear and achievable goal.

SMART stands for:

**S** – Specific

**M** – Measurable

**A** – Achievable

**R** – Relevant

**T** – Time-bound

Using SMART helps you create goals that are clear, realistic, and easier to work towards.

## S – Specific

A specific goal clearly explains what you want to achieve. Instead of having a vague goal, you describe exactly what you want to do.

### Example:

✗ “I want to get better at school.”

✓ “I want to spend 20 minutes each evening reviewing my school work.”

### Questions to ask yourself:

- What exactly do I want to achieve?
- What will I do?
- Why is this goal important?

## M – Measurable

A measurable goal helps you track your progress so you know when you are moving closer to your goal. You should be able to clearly see when the goal has been achieved.

### Example:

✗ “I want to read more.”

✓ “I will read for 15 minutes every day.”

### Questions to ask yourself:

- How will I measure my progress?
- How will I know when I have achieved my goal?

**A – Achievable**

An achievable goal is realistic and possible. It should challenge you but still be something you can accomplish. Setting goals that are too difficult can lead to frustration.

**Example:**

- ✗ “I will study for 5 hours every day.”
- ✓ “I will study for 30 minutes each evening.”

**Questions to ask yourself:**

- Is this goal realistic for me right now?
- Do I have the time, skills, or support to achieve it?

**R – Relevant**

A relevant goal is important to you and connects to something you want to improve in your life. Your goal should have meaning and a clear reason behind it.

**Example:**

- ✗ “I will join three new clubs.”
- ✓ “I will join a club that helps me develop a skill I enjoy.”

**Questions to ask yourself:**

- Why does this goal matter to me?
- How will achieving this goal improve my life?

**T – Time-Bound**

A time-bound goal has a clear time frame or deadline. This helps you stay focused and motivated.

**Example:**

- ✗ “I will get better at maths.”
- ✓ “I will practice maths for 15 minutes each weekday for the next month.”

**Questions to ask yourself:**

- When will I start?
- When do I want to achieve this goal?

## Putting it together

A **SMART** goal includes all five elements.

### Example SMART Goal:

*"I will read for 15 minutes every evening for the next 30 days to improve my reading skills."*

### This goal is:

**S**pecific – reading each evening

**M**easurable – 15 minutes

**A**chievable – manageable amount of time

**R**elevant – improves reading skills

**T**ime-bound – for 30 days