

6. Vision Activity: SMART Goals

In this goal setting activity you are going to develop SMART goals – that is, something concrete and doable which will help you reach your goal. SMART goals are a proven method of maximising goal setting success.

Pick one of your goals. Whether you choose an education goal, a career goal or a personal goal, try to identify how you can make your goal SMART:

- » **Specific.** Be as precise as you can rather than general.
- » **Measurable.** How will you know when you've reached your goal? Write: 'I will know I have achieved my goal because ...'
- » **Action-based.** What can you do to get the goal started? How? What's step one, step two, step three and so on?
- » **Realistic.** Has someone done it before? Could you speak to that person? Is there evidence to suggest that you can do it? What previous personal successes are connected to your goal?
- » **Time-bound.** When do you want to do this by? Avoid, 'One day I'm going to ...'; instead be much more precise.

Use the template below to record one long-term SMART goal, like a university course or a dream job:

Specific	<p>.....</p> <p>.....</p>
Measurable	<p>.....</p> <p>.....</p>
Action-based	<p>.....</p> <p>.....</p>
Realistic	<p>.....</p> <p>.....</p>
Time-bound	<p>.....</p> <p>.....</p>

Vision

Short-Term SMARTs

SMART goals take your goal setting to the next level, but they need practice. Try setting four or five SMART goals for the next fortnight using the same grid, below. Imagine how you would feel if you had every one of those five short-term goals done in the next ten working days! You might want to choose one per subject – for example:

- » A homework piece you want to complete really well.
- » A part-time job application and interview you want to go smoothly.
- » An upcoming test you want to perform well in.
- » A section of notes you want to reorganise and revise.

Specific	<div>.....</div> <div>.....</div>
Measurable	<div>.....</div> <div>.....</div>
Action-based	<div>.....</div> <div>.....</div>
Realistic	<div>.....</div> <div>.....</div>
Time-bound	<div>.....</div> <div>.....</div>

Final Thoughts

Could you use the SMART goal setting technique to create a goal for each of your A level subjects? You would need to be clear on the grade you wanted, how you were going to prepare for the exams, what resources you intend to use, when you will have mastered sections of the syllabus by and precisely when the exams were! Then you can make a commitment to:

- » Do one thing each week that is more likely to make that goal happen.
- » List three things you would definitely like to have done by the end of term, and return to your list each week to check on your progress.