1. Goal not Specific: I want to develop myself in 4 months.

Smart Goal: I want to develop myself in programming in 4 months by taking a course in C++.

2. Goal not Measurable: I want to be rich in the next 5 years.

Smart Goal: I want to have 3 million dollars in the next 5 years.

3. Goal not Achievable: I want to swim 50 meters in 15 seconds in the next month.

Smart Goal: I want to swim 50 meters in 22 seconds in the next month.

4. Goal not Relevant: I want to be one of the best Flutists in Egypt this year by running everyday morning.

Smart Goal: I want to be one of the best Flutists in Egypt this year by practicing more with the flute with professional trainers.

5. Goal not Timely: I want to become stronger by going to the gym 3 times a week.

Smart Goal: I want to Become Stronger in 6 months by going to the gym 3 times a week.