

SMART GOALS VIDEO:

<https://www.youtube.com/watch?v=1-SvuFIQjK8>

1. What does the acronym SMART stand for?

2. Why is it important for a goal to be specific?

- a) It makes the goal easier to explain to others
- b) It helps determine how long the goal will take and how to measure success
- c) It prevents the goal from being too challenging
- d) It ensures the goal is related to health and fitness

3. Why is it important for a goal to be measurable?

- a) So that you can easily explain it to others
- b) To ensure it is not too difficult to achieve
- c) So progress and success can be tracked accurately
- d) To guarantee that the goal is completed quickly

4. What does the Actionable aspect of SMART goals focus on?

- a) Determining how the goal will be achieved
- b) Ensuring the goal is easy
- c) Checking if the goal is realistic
- d) Finding ways to make the goal less time-consuming

5. Why is it useful to break a large goal into smaller sub-goals?

- a) To make the process more manageable and clear
- b) To ensure that the goal takes longer to complete
- c) To increase the number of tasks involved
- d) To make it more challenging

6. What is the purpose of the effort vs. perceived value matrix?

- a) To determine if a goal is realistic
- b) To identify which goals require the most energy
- c) To help prioritize goals based on their importance and effort required
- d) To eliminate less relevant goals completely

7. What is the Pareto Principle, also known as the 80/20 rule?

- a) 80% of effort should be dedicated to only 20% of goals
- b) 20% of goals usually produce 80% of the desired results
- c) Only 80% of goals should be completed before setting new ones
- d) 80% of people fail to achieve 20% of their goals

8. Why should goals be time-bound?

- a) To ensure they are completed as quickly as possible
- b) To create a sense of urgency and track progress
- c) To make them seem more achievable
- d) To avoid unnecessary planning

9. What is a major drawback of open-ended goals?

- a) They are too easy to achieve
- b) They can be delayed indefinitely
- c) They require too much planning
- d) They are not flexible enough

10. Why is goal-setting considered an ongoing process?

- a) Goals need constant adjustment as circumstances change
- b) Goals should be completed as quickly as possible
- c) It helps create new goals each month
- d) It ensures every goal is completed perfectly

11. How often should goals be reevaluated?

- a) Only when a goal is completed
- b) Regularly, to ensure they remain relevant and achievable
- c) Only if a goal becomes too difficult
- d) Once a year

12. What is the main takeaway from the SMART goal framework?

- a) Set goals that are easy to achieve
- b) Goals should be clearly defined, measurable, and adaptable
- c) Avoid setting long-term goals
- d) The best goals are ones that do not require tracking

KEYS:

- 1:** Specific, Measurable, Actionable, Relevant, Time-bound
- 2:** b) It helps determine how long the goal will take and how to measure success
- 3:** c) So progress and success can be tracked accurately
- 4:** a) Determining how the goal will be achieved
- 5:** a) To make the process more manageable and clear
- 6:** c) To help prioritize goals based on their importance and effort required
- 7:** b) 20% of goals usually produce 80% of the desired results
- 8:** b) To create a sense of urgency and track progress
- 9:** b) They can be delayed indefinitely
- 10:** a) Goals need constant adjustment as circumstances change
- 11:** b) Regularly, to ensure they remain relevant and achievable
- 12:** b) Goals should be clearly defined, measurable, and adaptable