**Exercise 3.1**

Five examples each one misses one of SMART.

**Example 1:**

Bad goal **missing** being **specific**: I want to learn a new language because I want to travel abroad, I will take a language course for six months 2 sessions a week, I will have regular exams to track my progress, I am used to studying different topics so I can learn easily.

After being specific:

Specific: I want to learn German.

Relevant: I want to travel to Germany.

Timely: I will take a language course for six months 2 sessions a week.

Measurable: I will have regular exams to track my progress.

Achievable: I am used to studying different topics so I can learn easily.

**Example2:**

Bad goal **missing** being **measurable**: I want to sleep and get up early because I want to well-plan my day activities, I will tabulate my mobile to apply sleep mode for 8 hours for a week then I well shift 30 minutes each week for the next 4 weeks, I have no late activities so I can go to sleep any time.

After being measurable:

Specific: I want to sleep and get up early.

Relevant: I want to well-plan my day activities.

Timely: I well shift 30 minutes each week for the next 4 weeks.

Measurable: I will tabulate my mobile to apply sleep mode from 12am to 8am I will record my actual sleeping and walking up times to compare with the tabulated times.

Achievable: I have no late activities so I can go to sleep any time.

**Example3:**

Bad goal **missing** being **achievable**: I have near exams and I want to write a novel, I love writing since I was 15, I will write 20 chapters, each chapter will take 3 days I will finish in two months and I will start next week.

After being achievable:

Specific: I want to I want to write a novel.

Relevant: I love writing since I was 15.

Timely: each chapter will take 3 days I will finish in two months and I will start next week.

Measurable: I will write 20 chapters.

Achievable: I do not have enough time now so I will start in July.

**Example 4:**

Bad goal **missing** being **relevant**: I want to develop my web development skills, I will learn angular in two weeks 6 hours a day, I will make new projects and compare them with my old projects, I know HTML and CSS so I can easily start.

After being relevant:

Specific: I want to develop my web development skills.

Relevant: I am a software engineer student.

Timely: I will learn angular in two weeks 6 hours a day.

Measurable: I will make new projects and compare them with my old projects.

Achievable: I know HTML and CSS so I can easily start.

**Example5:**

Bad goal **missing** being **timely**: I want to study all explained lectures because I have an exam, I will study six lectures. I am used to studying different topics so I can finish them.

After being timely:

Specific: I want to study all explained lectures.

Relevant: I have an exam.

Timely: I will start tomorrow, I will study 2 lectures every day and I will finish in 3 days.

Measurable: there are six lectures I will study 2 lectures every day.

Achievable: I am used to studying different topics so I can finish them.