Make your goals...

S M A R T !

S — Specific
What do you want to achieve?

M — Measurable
How will you track your progress?

A — Attainable
How can you reach your goal?

R — Relevant
Why is this goal important?

T — Time-Bound
When will the goal be accomplished?

Examples of

SMART GOALS

Specific: "I want to read 10 specific books."
Measurable: "I'll know I'm done when I've finished all 10 books."
Achievable: "I can reach my goal by scheduling reading time each day."
Relevant: "Reading more will make me a better reader and I enjoy stories."
Time-bound: "I will complete all 10 books in 2 months' time."
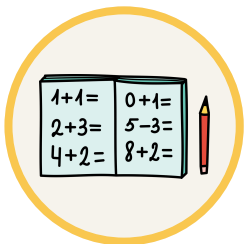
Specific: "I want to learn to play two new songs."
Measurable: "I'll know I've achieved it when I can play both songs smoothly."
Achievable: "I will practice regularly to make sure I learn these songs."
Relevant: "Improving my piano skills is important to me because I enjoy playing."
Time-Bound: "I aim to learn these two songs in the next month."

Specific: "I want to improve my grade by one letter on my next math test."
Measurable: "I will know I've achieved it when I see my test score."
Achievable: "I will study an extra 30 minutes every day."
Relevant: "Improving in math will help with my schoolwork and future classes."
Time-bound: "I will reach this goal by the time of my next math test in 4 weeks."

Specific: "I want to make 20 successful free throws in a row."
Measurable: "I'll count each successful free throw to reach 20."
Achievable: "I will practice shooting every day after school."
Relevant: "Getting better at free throws will make me a better player."
Time-bound: "I want to achieve this goal in the next three weeks."