



SMART Goals

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will display curiosity and seek opportunities to learn about each other through a game of two truths and a lie.

MATERIALS

Sticky notes, writing utensils, worksheet (optional)

AGE ADJUSTMENTS

This lesson may be advanced for younger ages, but can still apply. Instead of introducing the entire SMART acronym, introduce just one of the letters that is most feasible for your group to comprehend and execute.

Lesson Plan

Introducing the Lesson

- Review what SMART goals are:
 - **S**pecific: Clearly articulate all the pieces of your goal. Who? What? Where? Why?
 - **M**easurable: Ensure your goal is measurable provides a way to track progress and know your goal has been achieved. How much? How many? How often?
 - **A**ttainable: Is this something you believe is within your reach to achieve? If not, how can you revise it so that it is?
 - **R**elevant: Is this goal important and relevant to you? Continue to check in on goal relevance as things change in your life.
 - **T**imely: Set a time frame in which you will aim to achieve this goal. This will help with keeping you accountable to your progress and end outcome.

Experiencing the Lesson

- Hand out worksheet and writing utensils to each participant.
- Have participants write down five things they would like to achieve in the first column. Encourage them to think of anything and everything they want to accomplish.
- Allow participants 10-15 minutes to independently work on applying the SMART principle to each of the things they wrote down in Column One.

Closing the Lesson

- Have participants partner up with someone they are comfortable with and share at least one of the items they want to achieve and how they made it a SMART Goal.

After the Lesson

- Throughout the time you have with your group, do periodic check ins to help your participants track their progress, readjust if needed or make new ones if the old are no longer relevant, and stay accountable to their goals.

Further Exploration



- Watch Goals vs. Systems: [*HOW TO FAIL AND STILL WIN BIG*](#) by Scott Adams.
- Give participants time to take one of their goals and develop an overarching system that encompasses this goal and makes it long lasting.

Get Creative

- Participants will need access to audio/visual equipment. Personal smart devices will work well if they are accessible resources.
- You can have participants choose to work in pairs or on their own.
- They will be making short, encouraging, motivational affirmations for themselves and/or their partners to help them achieve their goals.
- Give everyone time to come up with things that they think would be encouraging and help them achieve their goals. Provide paper and writing utensils if needed.
- Once you know people have some ideas, pause the group and have them share out a few ideas to the larger group. Encourage participants to borrow phrases from others if they are inspired by them!
- Provide ample time for the group to then record them in fun ways so they can play them to themselves when they need them!
 - If you have the ability to house a collection of all recordings for everyone to access, ask participants to share with you any recordings they are willing to share with everyone!

Online

- Use the screen sharing function to play the growth mindset video.
- Create shared individual shared documents for each participant with the SMART goals chart on it.





Creating your SMART Goals

In Column 1: Add up to 6 things you are hoping to achieve.

In Columns 2-6: Fill in the boxes to transform them to SMART Goals!

What do you want to achieve?	SPECIFIC <i>Who? What? Where? Why?</i>	MEASURABLE <i>How much? How often? How many?</i>	ATTAINABLE <i>What are some ways you can achieve this?</i>	RELEVANT <i>Why is this important to YOU to achieve?</i>	TIMELY <i>When should this be completed by?</i>

Worksheet for: SMART Goals