



4-H LIFE PREP 101
CHARLOTTE & GLADES COUNTY 4-H

5 STEPS TO SETTING SMART GOALS

Setting SMART goals is a powerful way to direct your efforts and achieve success. By following these steps, you can set goals that are specific, measurable, achievable, relevant, and time bound specific, measurable, achievable, relevant, and time-bound goals. Remember, setting goals is just the first step. Good luck in accomplishing your goals and reaching your full potential!

Step 3: Ensure it is Achievable

Ensure your goal is realistic and within your capabilities. To do this, consider your available resources, time, and skills. For instance, aiming to read 100 books in a month might not be achievable, but reading one book per month could be.



Step 4: Keep It Relevant

Align your goals with your personal values and long-term aspirations. Ask yourself if the goal is meaningful to you and if it contributes to your overall growth and development.



Step 1: Be Specific

GOALS



Clearly define what you want to achieve. Instead of a vague goal like "improve grades," set a specific goal like "raise my math grade by 10% in the next semester."

Step 5: Set a Time Frame



Establish a deadline or timeframe for accomplishing your goal. This adds urgency and helps you stay focused. For example, set a deadline of three months to complete a science project or achieve a certain fitness level.

Step 2: Make it Measurable

Although you may not be able to measure your goal with a measuring tape, make sure to create criteria to measure your progress. For example, you can if your goal was to increase your grade by 10%, then you could monitor your weekly grade percentage.



SMART Goal Example

"I will improve my English writing skills by completing at least two writing assignments per week for the next three months. I will seek feedback from my teacher and incorporate their suggestions to enhance my writing abilities."

