

Rules for Good Goal Setting

First Thoughts:

In 20 words or less, write down why you think there needs to be rules for good goal setting.

Read the following and **Highlight** or Underline the most important points.

If you bake a cake, you have to follow the recipe if you want it to turn out right. If you assemble a bookcase, you need to follow the instructions to be sure it will support all your books properly and not fall apart. If you want to set good goals, you need to make sure they are SMARTIES.

So speaking of SMARTIES, what are your top 3 favorite candy bars?

1. _____
2. _____
3. _____

When we talk about SMARTIES with goal setting though, we mean something totally different. SMARTIES is an acronym; this means that each letter stands for something to do with rules for goal setting.

- **S**pecific – make them detailed and as specific as possible
- **M**easureable – make sure you are able to measure whether you reach the goal
- **A**s if now – write your goals in the present, as though you had already achieved them
- **R**ealistic – stretch yourself but don't set goals that are impossible to reach
- **T**ime bound – put a timeframe on when you'd like to achieve the goals by
- **I**nteresting – make your goals about things that you find interesting and worthwhile
- **E**motional – use powerful language to express the emotion behind the goals
- **S**uccess oriented – express your goals in a positive and success focused way

Don't worry if you don't totally understand each of these yet, we will look at them in more detail later. Think about a goal you may have set in the last year – something you wanted to do or achieve. Which of the SMARTIES rules did your goal stick to?

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Each of these rules is important for a reason. Each of the rules helps you to increase the chances of achieving your goals. For example, if there is no way to measure whether or not you have achieved your goal, how will you know when you have hit your target?

It is through many years of research and experimentation that the SMARTIES rules have been developed, so it makes sense to benefit from the work done in the past.

In your own words, write down the 3 most important points or the 3 points most relevant to you from the reading above.

1. _____
2. _____
3. _____

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Goal Setting Activity

Let's try setting a goal for something you'd really like to achieve this year.

Think about something you would like to accomplish this year. It could be something related to sport, a hobby, some award you'd like to achieve, a personal fitness goal or a goal that relates to friends, family or school. Is there something you'd really like to do this year? In the space below, brainstorm all the things you can think of that you could possible set a goal for this year.

Now choose just one of the ideas and write a goal statement of exactly what you'd like to achieve and by when. Then on the next page, see whether your goal follows all the rules.

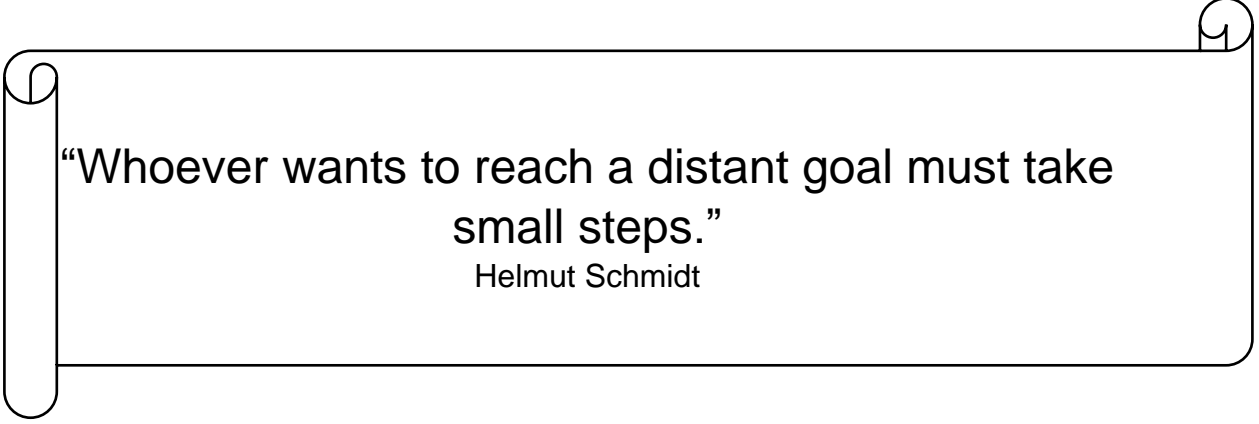
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Now take the quiz below to see how you could improve the way you wrote your goal on the previous page.

	Example of a goal that <u>doesn't</u> follow this rule.	Example of a goal that <u>does</u> follow this rule.
Specific - If your goal very specific as to exactly what you want to achieve? Yes / No	I want to do better in Math.	I will pass every Math test this year.
Measurable – Are you able to measure when you have reached your goal? Yes / No	I want to improve my tennis.	I will win 3 games in tennis this term.
As if now – Is your goal written in the present as though you have reached it already? Yes / No	I want to learn to play the piano.	I will be able to play the piano.
Realistic – Is your goal achievable, is there a good chance you'll reach it? Yes / No	I want to be the President of the United States.	I will work in the diplomatic field.
Time bound – Have you put a timeframe on when you'd like to achieve the goal by? Yes / No	I want to swim 50 laps.	In February, I will be able to swim 50 laps of the pool.
Interesting – Is your goal about something that you find interesting or worthwhile? Yes / No	I want to eat healthier foods.	In December I will have 1,000 songs on my iPod.
Emotional – Have you expressed the goal in enthusiastic language? Yes / No	I want to play in the state championship basketball game.	I will win the state championship for basketball this year.
Success oriented – Have you expressed your goals in a positive way? Yes / No	I want to stop getting in trouble in class.	I will stop distracting the class by not talking during instruction.

Now combine all of the rules and rewrite your goal from the previous page in the space below:

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“Whoever wants to reach a distant goal must take
small steps.”

Helmut Schmidt

To illustrate or explain the quotation above, either draw a picture or cartoon or write a short story or a poem that expands upon or shows the ideas in the quotation.