RICHMOND HILL GTMA MARTIAL ARTS # "SMART" GOALS

First & Last Name: _____

Read the following about "SMART" Goals and then write a "SMART" goal you have on the back of this page and tell why it is Specific, Measurable, Achievable, Relevant, and Timely. Bring this back to your next class to receive your yellow life skills stripe (required for your next belt testing).

A goal is something that you determine you want and you work hard to achieve. All goals should be "SMART" in that they are:

- **S**pecific - clearly defined or identified
- **M**easurable - how progress on the goal can be measured
- **A**chievable - something you are able to do in a given amount of time
- **R**elevant - something that applies to you
- **T**imely - something that can be achieved in a specific amount of time

When you set your goals, you want to make sure they are "SMART" goals. For example, a goal to get better grades in school is not a "SMART" goal. An example of a "SMART" goal would be to increase your grade by one letter grade by the time you receive your next grade report.

It is **specific** in that it defines what is to be accomplished -- increasing by one letter grade over your current grade.

It is **measurable** because you have your school's grading scale to allow you to determine if you reached your goal.

It is **achievable** through hard work, study, self control, focus, and following what your teacher says in class.

It is **relevant** because getting good grades in school is necessary to progress to your next grade level in school.

It is **timely** because you set a timeline for when you want to achieve it -- by the time you receive your next grade report.

Remember that a goal without a plan and timeline to accomplish it is just a wish.

1. Other than the example in the reading, what is a "SMART" goal you have in your life?

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2. How is your goal **SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT,** and **TIMELY?**

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3. What are your other SMART goals for this year?

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