**Goal Setting**

**SMART GOAL**

**Leadership Goals:** Youth will strengthen their ability to prioritize leadership tasks and responsibilities and set goals for themselves as developing leaders.

**Learner Objectives:**

Youth will:

• Gain skills in setting goals.

• Develop an understanding of the importance of goal setting.

**Lesson Plan:**

1. Ask the group to brainstorm areas of their lives in which they set goals. Record these on a large chart in the front of the group.

2. Next, present the concept of setting goals according to the SMART system. Mention the words associated with each letter and ask the participants to define what that word might mean as connected to setting goals. Record these answers on a large chart in front of the group.

3. Pass out two index cards, one index card with the SMART goal system printed on it, and one blank, for each participant in the group. Ask participants to write three goals and tell them they will be asked to share one with the group to assess its use of the SMART goal setting system.

4. Follow up the activity with the reflection questions.

Reflection Questions:

• Why is setting goals an important task?

• Which part of SMART is the most important? Why?

• What are the benefits of setting goals according to SMART?

• How can setting goals help you be a better leader?

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SMART GOALS

**S= Specific**

Goals should be to the point, focused and clearly define the what, why and how of you intended plan. *WHAT* are you going to do in the next year? Use action words such as organize, lead, practice, develop, plan, build, etc. *WHY* is the important to do at this time? What do you want to ultimately accomplish? *HOW* are you going to do it?

**M= Measurable**

Goals should have a specific target to measure so you know exactly when a goal is achieved. For example, a goal to “do better in my math class” is vague and doesn’t explain how you’d like to improve. A goal that reads “I would like to attend an extra tutoring session about algebra by January” is a measurable goal that you can check off when you complete.

**A= Attainable**

Goals should be ones that you can accomplish. While goals should stretch your thinking or will a little, they should not be so far out of reach that you lose commitment quickly.

**R= Realistic**

Goals should be practical ones you can achieve with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren’t very capable.

**T= Timely**

Set a timeframe for the goal: next week or end of the school year. Putting an end point on your goal gives you a clear target to work towards. Without a time, often you will put the goal on the backburner and lost commitment