

Creating a S.M.A.R.T. goal



Example

Specific

Measurable

Achievable

Realistic

Time-bound

Physical Recreation

(Something that makes me sweat)

My goal is to **swim freestyle** for **40 laps** without stopping for a break. I will train for **one hour per week** for **12 months**. My training will involve stretching my speed per lap to build my cardio fitness and strength.

Skill

(Something that I am learning that is not physical)

I would like to play **Beethoven's "Moonlight Sonata"** without mistakes and with my eyes closed. I will achieve this by playing **an hour a week** for **six months**, starting with my eyes open until it becomes muscle memory and then practising with my eyes closed.

Voluntary Service

(Something that helps more than one person in the community)

I will help hungry and vulnerable children globally through **participating and raising funds in the 40 Hour Famine**. I will volunteer my time to deliver **40 acts of kindness** over **three months** to help **40 different people** I don't already know in my school community.