



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











- Who is involved?
- What would you like to achieve?
- What exactly are you going to do in this chosen challenging activity?
- How often can you / would you attend the chosen activity?
- How will you measure this activity to know if you have achieved your goal?
- What parameters will you put in place to measure your success? Will it be by numbers, quantity or the final result?
- Is it a goal that can actually be achieved? Is it feasible?
- Is there somewhere you know where you could do this activity?
- It is great to be ambitious, but will you be able to achieve it within the set time frame of the Award of 3/6/12 months? Or are there external circumstances that might affect you reaching it?
- Do you have access to a tutor who can teach you this skill?
- Can your tutor be your Assessor? If not, who will you ask?
- What if the nearest tutor is too far from where you live and you cannot travel that far?
- Are you feeling motivated enough to do this activity?
- Is the activity challenging enough?
- Do you want to achieve this goal, but are afraid of doing it? Why?
- Do you need additional support? If so, what does this look like?

- Will this be completed in the required timescale?
- What timescale/dates are you giving yourself to achieve the goal?
- How will you ensure you achieve your goal in the time frame you have set?
- Will you be able to participate in this activity regularly throughout the duration of the level?
- Will you need to take breaks for exams/holidays/other commitments etc?

Example

Specific

easurable

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
Beethovan'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.