

Student Name: _____

Exploration: Making SMART Goals



Making SMART goals is an important part of building confidence. Making Specific, Measurable, Achievable, Relevant, and Time-bound goals can help you stay focused and feel more in control of your success. SMART goals make it easier to break big dreams into small, achievable steps!

Example: Turn a Past Goal into a SMART Goal!

Past Goal: “I want to speak up in class more often.”

Let’s turn it into a SMART goal!

Specific: I will speak up more in my science class.

Measurable: I will contribute two comments every week during my science classes.

Achievable: This is an achievable goal because I have science class every day and the teacher gives many opportunities in each class for students to participate.

Relevant: This goal will help improve my confidence in speaking up.

Time-bound: I will do this for one month, at which point I will reassess my goals for the next month.

SMART Goal: “I will contribute at least two comments or questions every week during science class discussion to improve my participation and confidence by the end of the month.”

This activity will help train your brain to be more confident. Now it’s your turn!

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1. a) Think of a challenging goal that you worked towards in the past. This can be something that you may or may not have been able to achieve. For example, it can be related to school work, family, friends, sports, activities, or any aspect of your life.

- b) Specify all the aspects of your SMART goal (the SMART goal video link is available [here](#) if you need to rewatch it).

☐ **Specific:**

☐ **Measurable:**

☐ **Achievable:**

☐ **Relevant:**

☐ **Time-bound:**

- c) State your goal as a SMART goal

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Next, considering your goal from Question 1 and the information from the [Confidence and Self-Esteem video](#), answer the following questions:

2. What did you do to help you work towards your goal? What did you do if you were not able to achieve your goal the first time?

3. What did you do when you doubted yourself? Give examples of positive thoughts you could tell yourself.

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4. What kinds of feedback did you receive from others? State if this was constructive or destructive feedback.

5. How did your differences enable you to work towards your goal? What strengths do you have that make you unique?