



# SMART GOAL WORKSHEET

Name:

Award Centre:

Agreed upon SMART goal:

Some questions to keep in mind when writing your SMART Goal. If you need help setting a SMART goal, speak with your Award Leader and/or Assessor, or take a look at the examples on page two.

<p><b>S</b> SPECIFIC</p>	<p>WHO is involved? Who is helping you? Who will be your Assessor? WHAT do you want to accomplish? WHERE is this goal taking place? WHEN will you be working on your goal? WHY do you want to work on this goal?</p>	
<p><b>M</b> MEASURABLE</p>	<p>What does achieving your goal look like? What would be an indicator to you that you are making progress towards your goal? What milestones do you envision as you work towards your goal?</p>	
<p><b>A</b> ACHIEVABLE</p>	<p>Which specific actions will you need to take towards your goal? What could be a barrier to you achieving your goal and how can you stretch past those limitations?</p>	
<p><b>R</b> REALISTIC</p>	<p>What resources do you need? Where will you access these resources? How will you access these resources? What will you need to commit to achieving your goal?</p>	
<p><b>T</b> TIMEBOUND</p>	<p>Which date or time-frame do you plan to achieve your goal by? What can you start working on today? When is the best time of week to work on your goal?</p>	

## SMART Goal Examples

### ***Physical RECREATION SMART Goal Example:***

I will increase my muscle strength and endurance by participating in a variety of exercises. I will measure my progress by completing a fitness test at the start of my training and then every 3 months until the end of my program recording my results to track my progress. I will strength train 3 times a week for 1 hour and will connect with my assessor monthly to discuss progress and adjust my work out plan as my strength increases.

### ***Skills SMART Goal Example:***

I want to learn the basics of the guitar, including knowing the main parts of the guitar and understanding basic chords. I will achieve this by taking guitar lessons for 13 weeks and learn how to play a minimum of three songs prior to a performance for my family on May 25 at our next family reunion.

### ***Service SMART Goal Example:***

My goal is to help the under-8's improve their hockey skills, including teamwork, skating and stick handling. I will volunteer as a junior coach 1 hour per week for the next 52 weeks with the Timbits minor hockey league. I will assist with practice set-up and take-down. I will work with the coach to assist with leading drills and will build towards independently coaching a small group of players, thus increasing my leadership and coaching abilities.

### ***Adventurous Journey Expeditions SMART Group Aim Example:***

To canoe along the Stagg River in the Northwest Territories. Each day we will paddle 20 - 30 km and camp at designated areas. We will utilize basic paddling techniques and focus on strengthening our strokes each day to help us navigate the wind and water patterns to ensure we reach our campsite before nightfall. We will keep a journal of our route, weather observations and paddling skills learned, these will be included in our journey report along with an analysis of best paddling techniques to navigate the Stagg.

### ***Adventurous Journey Explorations SMART Group Aim Example:***

To study Gros Morne as a National Park and its impact on the different communities that lie within its boundaries, we will conduct pre-trip research on the National park including landforms, wildlife, vegetation and communities. During our trip we will hike Gros Morne Mountain to the backcountry campground and travel daily by hiking or canoeing throughout the area conducting interviews, exploring and detailing unique landforms. We will work with a geologist to help us study plants, soil, rocks, etc. We will submit our findings in our AJ report at the completion of our trip.

### ***Gold Project SMART Goal Example (see the Gold Project Template):***

My goal is to participate in a civic engagement experience and learn about Canadian governance in Ottawa by attending the Forum for Young Canadians during the week of May 2-9, 2022. I will participate in a Prime Minister election simulation with other students from across Canada. During this week-long conference, I will also engage with professionals and elected officials to learn more about Canadian government and politics.

