Making New Decisions

Watch the following video:

Setting SMART Goals - How To Properly Set a Goal

- ✓ Write a specific aim you have:_____
- ✓ Write 3 events which will happen once you realize your goal

1.

2.

3.

Now, let's make a plan !

Specific- Write 5 things (specific steps) you have to do in order to get closer to your aim. Write only things you can do. Write what you will do and when

1.

2.

3.

4.

LIVEWORKSHEETS

5.

6.

7.

8.

9.

10.

Measurable- write a way which will help you see whether or not you've done these steps (e.g : a table you will check in the end of the week)

The Task was/wasn't done	Reason	Ways to improve

Attainable- write down why this aim is attainable

Relevant- explain why this aim is relevant for you

Time limited - set up a time frame for achieving your goal

LIVEWORKSHEETS