Setting SMART goals

Listen to the audio and then write the answers in the spaces below

1. What are the three characteristics of a SMART goal?

2. What does the acronym SMART stand for (Acronym: for example LINC is an acronym for Language Instruction for Newcomers to Canada)?

3. According to the speaker, what is a common goal most people have?

4. What questions do you ask to make a goal specific?

5. According to the speaker, how much money does he need to be rich?

6. When does the speaker want to have the money?

7. Which question is **not** important for the speaker's goal?

8. Why does the speaker want to have this money?

9. Why is it important to know where the “finish line” is?

10. What should the answers to our finishing line?

11. Why is it important to include Attainable in our goal?

12. Where does “Why” appear within SMART goals?

13. The speaker says that “buying a Ferrari so I can retire” is not a good goal. Please explain what the speaker means.

14. The speaker doesn’t explain why time-bound is important. Can you explain why this is important?

15. Write your goal from Tuesday’s class below.

16. Now, after watching the video, revise your goal so that it is SMART