

S.M.A.R.T goals

The setting of realistic and achievable goals/aims by a Participant is essential in allowing them to undertake a purposeful and challenging activity.

A weak goal may simply describe an activity without adding sufficient detail either to measure success or set a target. For example, 'playing the piano' is a goal that just explains the activity; a smarter goal would be 'playing the piano to a certain standard and performing at the school's musical concert'.

Are your targets S.M.A.R.T.?



- Are your logs personal and do they show progress towards your target?
- What did you plan to do?
- What did you actually do?
- What went well? What went not so well?
- How can you improve next week?

Goals should be periodically reviewed in discussion between the Participant, Award Leader and Assessor. It is important that a realistic goal is established and remains so. The goal should also motivate a participant to finish their activity rather than cause them to give up because the task is too difficult.

Goal	S.M.A.R.T Goal
I want to learn to play the piano	In the next three months of my Bronze Level, I will learn to play the scales and three beginner songs on the piano
I want to swim every week	Over 6 months I want to practice my strokes and breathing each week in order to comfortably swim to the 300m buoy and back.