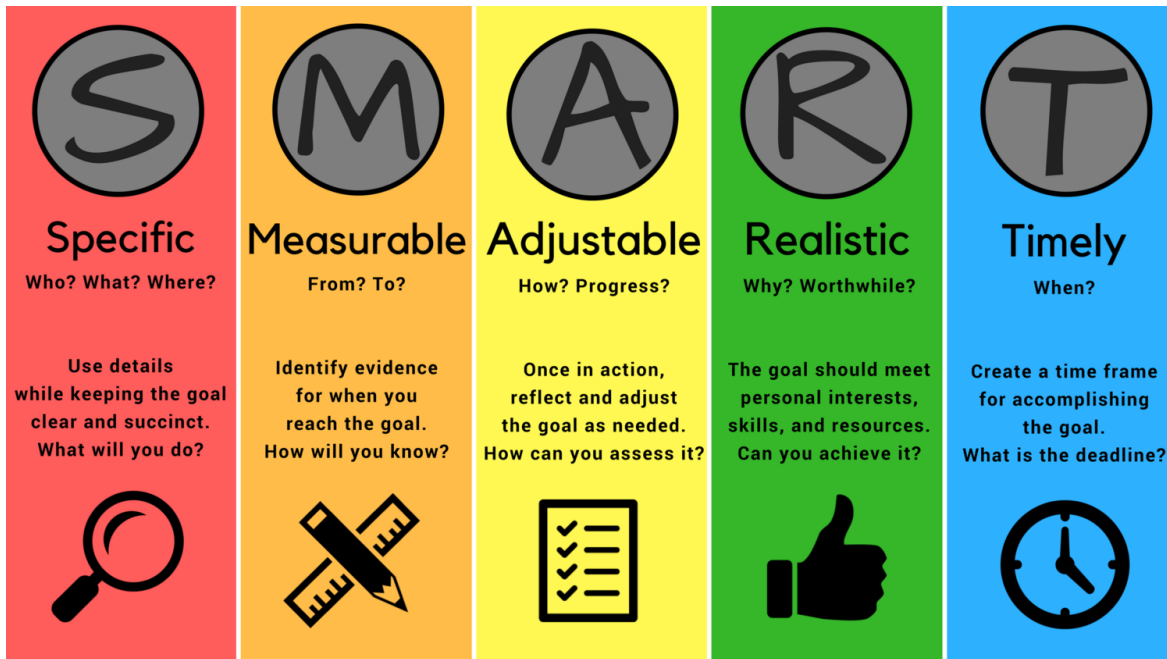


S.M.A.R.T. Goals



Specific - **Is what you want to accomplish clearly defined?** Don't write fuzzy goals that leave out your needed action. Pin yourself down by answering the "W's": Who, what, where, when, why. Example: A fuzzy goal would be, "Have better behaviour at school." But a specific goal would say, "I will not talk while my teacher is talking."

Measurable - **Can you measure a change to see if you reached your goal?** You should be able to measure your progress towards your goal. Example: "I will raise my reading grade from a B to a B+ this semester."

Attainable - **Is this goal possible for you to attain?** Set a goal that you believe you can reach. It should match your abilities and interests. Example: An unreasonable goal is, "Be the best soccer player on the team". An attainable goal would be, "Practice my kicking so that I can score a goal this season."

Realistic/Relevant - **Is it realistic for you to follow through with this goal?** Create a goal that is important to you and your dreams. If you're not excited or motivated about this change, you won't succeed. Example: A relevant goal could be to, "Practice my spelling list at the beginning of the week so that I can ace my pre-test and not have to take the test on Friday."

Time-based - **How long will you give yourself to attain this goal?** Determine a date, time, or schedule for your goal. Example: A fuzzy goal is, "Practice my math facts more often.", but a time-based goal would be to, "Set aside 15 minutes each day to review my math fact flashcards."

Personal Plan for Wellness: “How to” Guide

Step 1 – Go to Personal Plan for Wellness (PPW) website or your Well 10 Google Classroom.

- Google Classroom – Classwork – W1 PPW's topic – W1.4 Personal Plan for Wellness (PPW) Planning
- www.liveitup4life.com – Wellness 10 – Personal Plan for Wellness

Step 2 – Gather the following documents together before starting:

- SMART Goals – handout in binder or take note of the SMART image on the PPW website
- Quick Glance Dimension Criteria for Wellness – handout in binder or download from PPW website.
- Best Option: Personal Plan for Wellness: PDF** – open PDF copy from PPW website using Kami (Chrome extension) to edit the pdf.
 - Be sure to **save the document** renaming it to reflect this format “**PPW_Your Name_Current Date**”. You will have to be able to identify and track multiple PPW versions by the end of the semester.
- Back-up Plan: Personal Plan for Wellness: Google Doc** – open View Only Copy from PPW website. Using the File menu option, make a copy for your own personal Google Drive.
 - Be sure to click the title in the top left corner of the document to rename it to reflect this format “**PPW_Your Name_Current Date**”. You will have to be able to identify and track multiple PPW versions by the end of the semester.
 - Be sure to double click the header of the document to fill in your name & assignment date at the top of your PPW.
- Personal Plan for Wellness Rubric – handout from binder or download from PPW website. It is highly recommended that you look through the expected criteria for a quality PPW before you start.

Step 3 – Complete “Snapshot Reflections”

- Using the Quick Glance Dimension Criteria, reflect and journal on each of the criteria for each of the dimensions of your Wellness to create your Snapshot Reflections.
- Underline the ranking number that reflects your overall Snapshot Ranking.

Step 4 –Set & Explain SMART Goal Plan

- Choose a SMART goal to focus on for the length of the PPW. Consider which dimensions you would like to focus on improving and which dimensions you would like to focus on maintaining in order to keep your overall PPW simple, effective, and manageable. SMART goals can be either improvement or maintenance goals.
- Be sure to follow up with who, what, where, when, why details of your plan to accomplish your SMART Goal.

Step 5 – Consider Challenges & Alternatives...“Speed Bumps & Solutions”

- Consider Challenges - potential “speed bumps” or things that could go wrong during your plan.
- Consider Alternatives – potential solutions to the Challenges.

Step 6 – Determine Supports

- Determine Supports – supports run the gamut from equipment, technology, environments, reminders, social supports (peer/adult), research knowledge, mentorship, financial resources, etc.
- Be Specific!** Generic phrases like “My friends”, “my parents” or “my family” will result in assessed as Progressing Towards (2/4). Be sure to have a conversation with anyone you choose as a peer or adult support person during your plan.

Step 7 – Reflect on Interconnectedness of Dimensions

- Answer the remaining intro questions:
 - What IMPACT will these SMART-Goal Plans have on my Wellness?
 - One example of how ONE of my plans contributes to or interconnects to the other dimensions.

Step 8 – Proofread for spelling & grammar before handing in.