SMART GOALS

Lessons in Mental Health



Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.

- Link: Smart Goals Presentation
- Link: Graphic Organizer
- PDF: Graphic Organizer
- Link: Activity Student Reference Guide
- PDF: Activity Student Reference Guide

- Canva is FREE for all teachers.

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- Visit Lessons in Mental Health for more FREE lessons and activities that support Mental Health Education.

TODAY WE WILL....

- Identify why many goals fail
- Understand how SMART goals support clear, realistic planning
- Define each part of the SMART framework (S–M–A–R–T)
- Practice applying the SMART components to example goals
- Create two SMART goals using a structured format
- Reflect on how goal-setting can support well-being

According to a study by U.S. News, 80% of New Year's resolutions fail by February!





GOALS FAIL

We are unlikely to meet goals when:

- The goal is "too big."
- They require "too much change."
- They are "too general" in nature.
- They are "open-ended." There is no clear time delineation.
- They don't really matter to us.

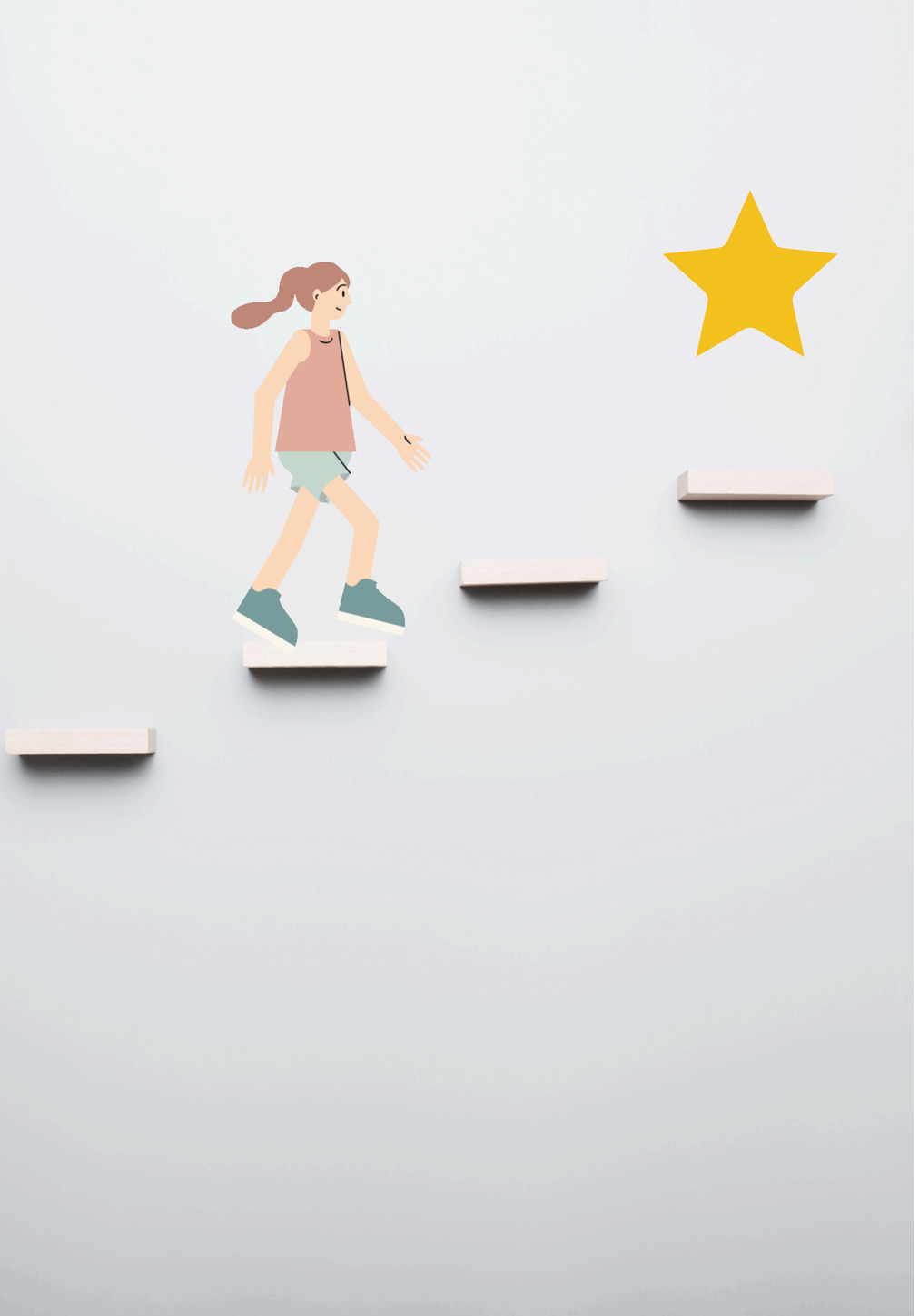
VAGUE GOALS

Vague goals lead to frustration, lost time, and missed opportunities.

Smart goals provide a solution to this problem!

When you set SMART goals, you are more likely to achieve your desired outcomes.





SMART GOALS

SMART goals offer a practical framework for setting and reaching goals clearly and effectively.

“SMART" represents:

- S-Specific
- M-Measurable
- A-Achievable
- R-Relevant
- T-Time-Bound

SMART GOALS KEY DETAILS

Use the provided graphic organizer to capture key characteristics of SMART Goals.

S-Specific
M-Measurable
A-Achievable
R-Relevant
T-Time-bound



SPECIFIC

Specific goals are actionable.

A goal like "I want to be healthier" is too vague—health could mean better sleep, eating more vegetables, or exercising. Without specifics, there’s no clear direction

A specific goal narrows the focus and makes it actionable.

- What exactly do I want to improve? (Strength? Endurance? Sleep?)
- What specific actions will I take?
- How will I track my progress?





MEASURABLE

Your goals should be measurable so that you can track your progress and know when you have achieved them.

This means that you need to be able to answer questions like:

- "How much?"
- "How many?"
- "How will I know when it is accomplished?"

ACHIEVABLE

Set challenging but achievable goals. Easy goals won't motivate you, and impossible goals will discourage you!

Here's where you take a serious look at your goal:

- Can you actually achieve it?
- Ask yourself: How can I make it happen?
- Is it realistic?





RELEVANT

Goals are set for a reason - they have to be worth it. A good goal should make you say "yes" to these simple questions:

- Is it worth doing?
- Is it the right time?
- Does it fit with my other plans?
- Am I the right person for this goal?
- Is this something I want to do?
- Will it benefit me?

TIME-BOUND

Practical goals have a deadline and don't go on forever. The last aspect of SMART goals is being time-bound.

A time-bound goal will typically address these questions:

- When should it be completed?
- What can I achieve in six months?
- What can I achieve in six weeks?
- What can I do today to make progress?





SMART GOALS SUPPORT WELL-BEING

Making SMART goals can support our well-being in several ways:

- Clarity and Focus
- Sense of Accomplishment
- Motivation and Commitment
- Increased Self-Efficacy
- Direction and Purpose
- Reduced Stress



SETTING SMART GOALS

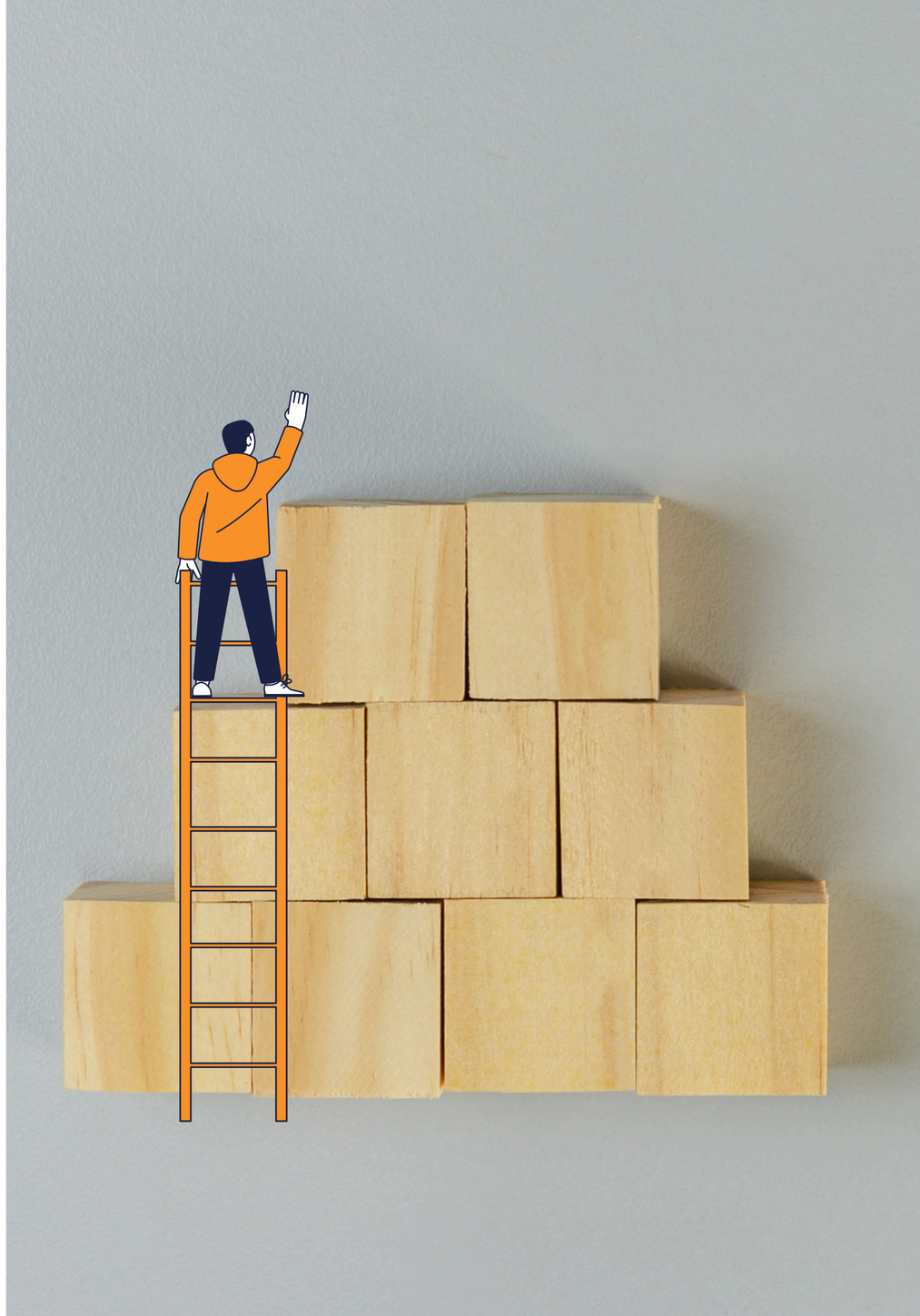
How to Set SMART Goals | Goal Setting for Students

2 Minute Classroom

PRACTICE MAKING SMART GOALS

Work with a partner and create a Smart goal for "Improving My GPA" How will you make it :

- Specific
- Measurable
- Achievable
- Relevant
- Timely/Time-Bound



SMART Goal: Improving My GPA

- Specific: My current GPA is a 3.4, and I want to increase it to a 3.5.
- Measurable: I want to raise my GPA by 0.1 points. I will monitor my grades throughout the semester and aim to earn at least a 90% in each of my classes.
- Achievable: I will take two honors courses to help boost my weighted GPA, complete all assignments on time, and attend tutoring when needed.
- Relevant: Improving my GPA is important to me because I want to attend college, and having a higher GPA will make me a more competitive applicant.
- Time-Bound: I plan to reach a 3.5 GPA by the end of the fall semester..

KEY TAKEAWAYS... 

- Most goals fail because they are vague or unrealistic
- SMART goals make your goals clear and doable
- Each part works together:
  - Specific (clear)
  - Measurable (trackable)
  - Achievable (realistic)
  - Relevant (meaningful)
  - Time-Bound (has a deadline)
- SMART goals help you stay focused, motivated, and organized

My Smart Goals Activity



SETTING SMART GOALS

Create two separate SMART Goals. Delineate the following for each goal:

- Specific: What exactly do you want to achieve?
- Measurable: How will you know when you have achieved your goal?
- Achievable: Your goals should be attainable but still challenging.
- Relevant: Don't set goals that are just for the sake of setting goals.
- Time-Bound. Your goals should have a deadline.





ACTIVITY DETAILS

- Use Canva to design your goals.
- Use a separate slide for your two goals.
- Follow the SMART Goal format.
- Use a "table" to organize your goal.
- Label each section:
  - Specific
  - Measurable
  - Achievable,
  - Relevant
  - Time-bound

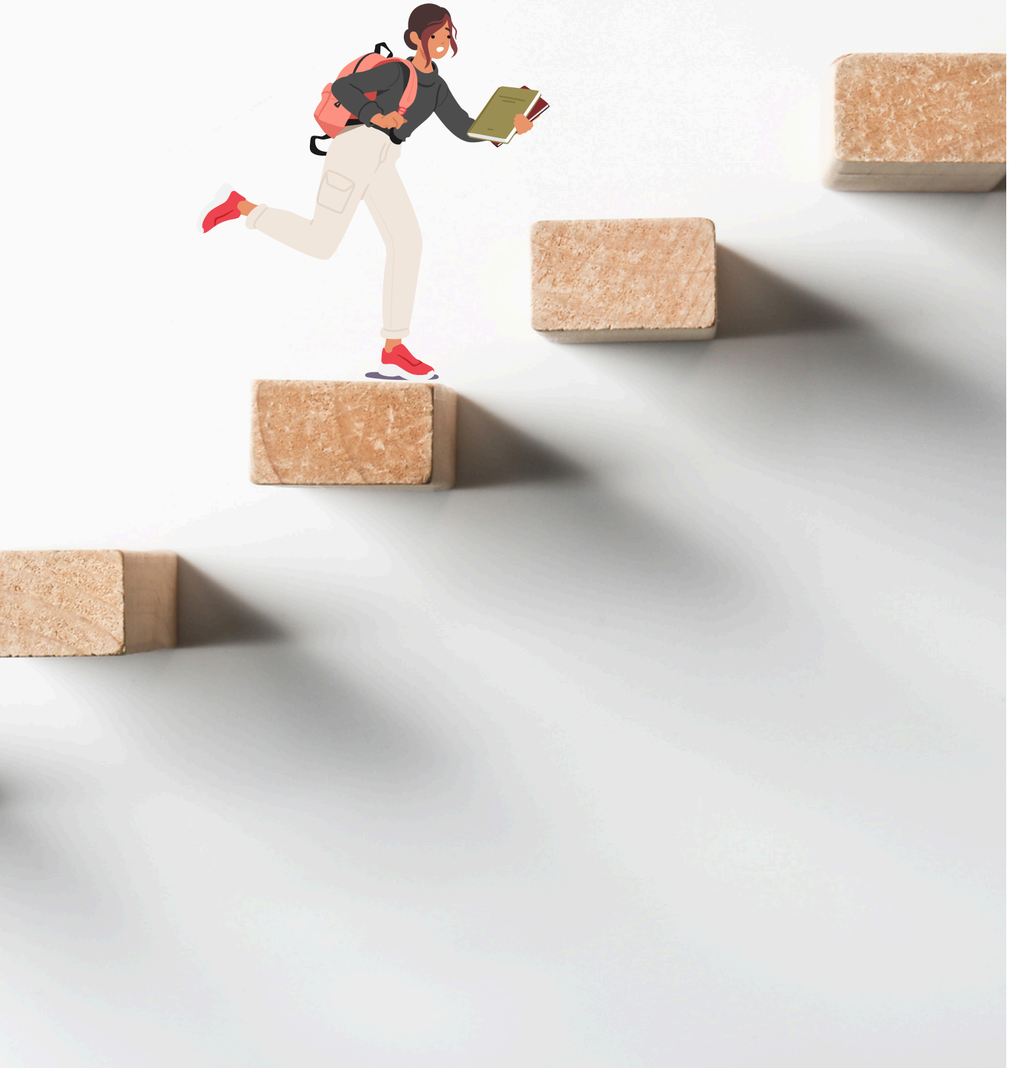
Template (Optional)

Click on the icon link below

Scroll down to access and edit the template

Template

Click Here



TURNING IN YOUR ACTVITY

- Use Canva to create your SMART Goals.
- Create two slides: one for each goal.
- Make sure to include each SMART goal component and clearly label it.
- Download as a PDF print.
- Upload online to My Smart Goals.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

Visit Lessons in Mental Health for more FREE lessons and activities that support Mental Health Education.

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