

Introduction to S.M.A.R.T Goals Transcript

Goal setting is a method of achieving success in the pursuit of your passions. SMART goal setting is a popular model for planning that offers achievable markers of success and is helpful for setting short-term goals.

S.M.A.R.T goals stands for Specific, Measurable, Attainable, Relevant and Time-based goals.

Let's explore this model further.

When setting SMART goals, you want to specifically identify the tasks you want to achieve. The narrower and more specific the better. For example, you might set a goal to volunteer with a local non-profit organization.

You want to this goal to be measurable. You can do this by identifying how you will track your progress in achieving the goal. For example, some measurable steps you could take could including searching for non-profit events and opportunities, reaching out to specific organizations, applying and accepting a volunteer position.

SMART goals should be attainable in the short term, so it is wise to set goals that are achievable in a timeline you have identified. For example, you might aim to accept a volunteer opportunity within four months of sending out applications.

Your goals should also be relevant. This means setting goals that are aligned with your current values and future interests. For example, if you are passionate about providing food security in your city, you might look for a non-profit opportunity that aligns with this value.

Finally, SMART goals are time-based. This requires self-motivation to reach your goals by setting achievable road markers and deadlines. For example, you might assign a date and time to compile the list of events, contact information and social media links for non-profit organizations you're interested in.

When goal setting, remember that everyone faces unexpected roadblocks or challenges that can impact the ways we achieve our goals. However, challenging times provide us with useful lessons and perfect opportunities to reflect and adapt our plans.