

SMART Goals

To create goals which are clear and reachable, older girl scouts should create goals which are SMART:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic and resourced, results-based).

Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

Specific

A goal should be clear and specific, otherwise they won't be able to focus their efforts or feel truly motivated to achieve it. When drafting a goal, try to have them answer the five "W" questions:

- What do I want to accomplish?
- Why is this goal important?
- Who is involved?
- Where is it located?
- Which resources or limits are involved?

Measurable

It's important to have measurable goals, so that they can track their progress and stay motivated. Assessing progress helps them to stay focused, meet their deadlines, and feel the excitement of getting closer to achieving their goal.

A measurable goal should address questions such as:

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

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Achievable

Their goal also needs to be realistic and attainable to be successful. In other words, it should stretch their abilities but still remain possible. When they set an achievable goal, they may be able to identify previously overlooked opportunities or resources that can bring them closer to it.

An achievable goal will usually answer questions such as:

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints, such as financial factors?

Relevant

This step is about ensuring that their goal matters to them, and that it also aligns with other relevant goals. We all need support and assistance in achieving our goals, but it's important to retain control over them. So, make sure that their plans drive everyone forward, but that they're still responsible for achieving their own goal.

A relevant goal can answer "yes" to these questions:

- Does this seem worthwhile?
- Is this the right time?
- Does this match our other efforts/needs?
- Am I the right person to reach this goal?
- Is it applicable in the current socio-economic environment?

Time-bound

Every goal needs a target date, so that they have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over their longer-term goals.

A time-bound goal will usually answer these questions:

- When?
- What can I do six months from now?
- What can I do six weeks from now?
- What can I do today?

<https://www.mindtools.com/pages/article/smart-goals.htm>