SETTING YOUR OWN SMART GOAL

1. First, write down your basic idea for your goal.
   My goal is to

2. Now, to find out if you can improve it in any way, answer these questions about it.
   Tick the boxes for the SMART criteria you feel your goal satisfies.
   - [ ] Specific - Does it identify a specific type of activity and the skill it requires?
   - [ ] Measurable - Is it clear how will you measure progress?
   - [ ] Achievable - Is it attainable for you, is it the next step on the proficiency grid for you?
   - [ ] Relevant - Is it relevant to your life and the ways you use your target language?
   - [ ] Timely - Can you set a fixed deadline?

3. Where you couldn’t check off Yes on a SMART criterion, reflect on it with the following questions:
   - Specific - What specific tasks does it apply to in the skill area you've chosen?
   - Measurable - What evidence could you collect to measure progress?
   - Achievable - Can you put in the effort required? What steps are involved?
   - Relevant - How do you actually need to use the language in your life?
   - Timely - What is a realistic deadline for you?

4. Now, rewrite your goal to form a SMART Goal for you to work towards: