

Be SMART...! (Prose)

Chapter 4: Be SMART...! (Prose) · Topic 1

Key Concept

The SMART framework helps individuals set clear, actionable goals rather than vague aspirations, increasing the likelihood of success.

Specific goals clearly define what needs to be achieved, while Measurable goals include criteria for tracking progress and success.

Achievable and Relevant ensure goals are realistic and aligned with broader objectives, while Time-bound sets a clear deadline for completion.

This piece encourages readers to apply the SMART framework to their own personal and academic goals for more effective goal achievement.

Quick Revision Notes

- SMART: Specific, Measurable, Achievable, Relevant, Time-bound.
- Helps set clear, actionable goals.
- Specific: clearly defines what to achieve.
- Measurable: criteria for tracking progress.
- Achievable, Relevant: realistic, aligned goals.
- Time-bound: clear completion deadline.
- Framework increases success likelihood.
- Piece encourages applying it to personal goals.

Practice Questions

- 1 Write a SMART goal for your studies.
- 2 Identify each SMART component in your goal.
- 3 Discuss why vague goals are less effective.
- 4 Set a SMART goal for a personal habit.
- 5 Discuss how a deadline helps achieve goals.
- 6 Share your SMART goal with a friend for feedback.