

# Video Five

## WHAT ARE YOUR GOALS? (PT. 1)

The aim of this session is for students to get acquainted with SMART action planning. They are to revisit or establish goals, which will challenge them to focus on goal completion.

Coaching Questions & Conversations (start the week discussing these):

- Do you currently have clear goals?
- Which of your goals are you most passionate about and why?
- What would it mean to you if you were to achieve these goals?

### Goal setting exercise:

As you think about your existing goals, consider the following (Use our example below to help you think about the goals you could set for yourself):

- Is it specific?
- Why is it meaningful? (How does it relate to your why?)
- Is it achievable? (Do you have the sufficient time, resources and a strategy in place?)
- Is it relevant? (Is this goal related to a priority at this point in time?)
- Is it time bound? (What is the deadline?)

Goal Title	Specific	Meaningful	Achievable	Relevant	Timebound
Write the subject or the area that this goal is related to.	Write down specifically what it is that you would like to achieve	How does this goal relate to your why?	Write a list of the five most important things you must do in order to achieve this goal.	Ask yourself, is the goal important or are there others that need more attention than this one?	Write the date when this goal will be achieved
English Literature Grade	To achieve a 6 for my English lit Mock	<ul style="list-style-type: none"><li>• Prepares me for final exams.</li><li>• Passing English lit means I have more options for future education.</li></ul>	<ul style="list-style-type: none"><li>• Attend booster classes</li><li>• Seek advice from my teacher</li><li>• Commit to my rhythm of revision and review on: Oct 9<sup>th</sup></li></ul>	Yes this is a relevant goal as it is related to a core subject and ties in with what I want to study at college.	Mock results: November 12 <sup>th</sup>



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### Weekly Activities

#### Midweek Challenge:

What is a positive step you have made since setting your goals?

#### End of the week reflection:

What is a WIN from this week, which you could celebrate?

**Feel free to use this space to set your own SMART goals.**

Why not let us know how you got on this week? Drop us a line at [info@innerscope.co.uk](mailto:info@innerscope.co.uk)

