

# **GROW TARGETS**

**GOALS, REALITY, OPTIONS AND WAY FORWARD**

# **SMART TARGETS**

**SPECIFIC, MEASURABLE, ACHIEVABLE,  
RELEVANT AND TIME BOUND**

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# **YOUR TARGETS/YOUR FUTURE**

## **GROW**

**Honest and reflective questions that you need to ask yourself in terms of your development, potential, situation and aspirations.**

## **SMART**

**Once you have answers to these questions you then use the info to make small 'bite sized' targets and milestones that will help you achieve your goals.**

# CHALLENGE

Spend a few minutes thinking about the following.

Q. What do you want five/seven years of education to provide for you?

Q. After school what do you want to do?

Q. Education = ?

Listen to the experts

SMART

[https://youtu.be/yux\\_m8AdzwY](https://youtu.be/yux_m8AdzwY)

**GROW**

<https://youtu.be/cKvrEoUYFgA>

# **YOUR TURN**

**Study the GROW and SMART questions that are given to you.**

**Be mature, thoughtful and honest about answering them.**

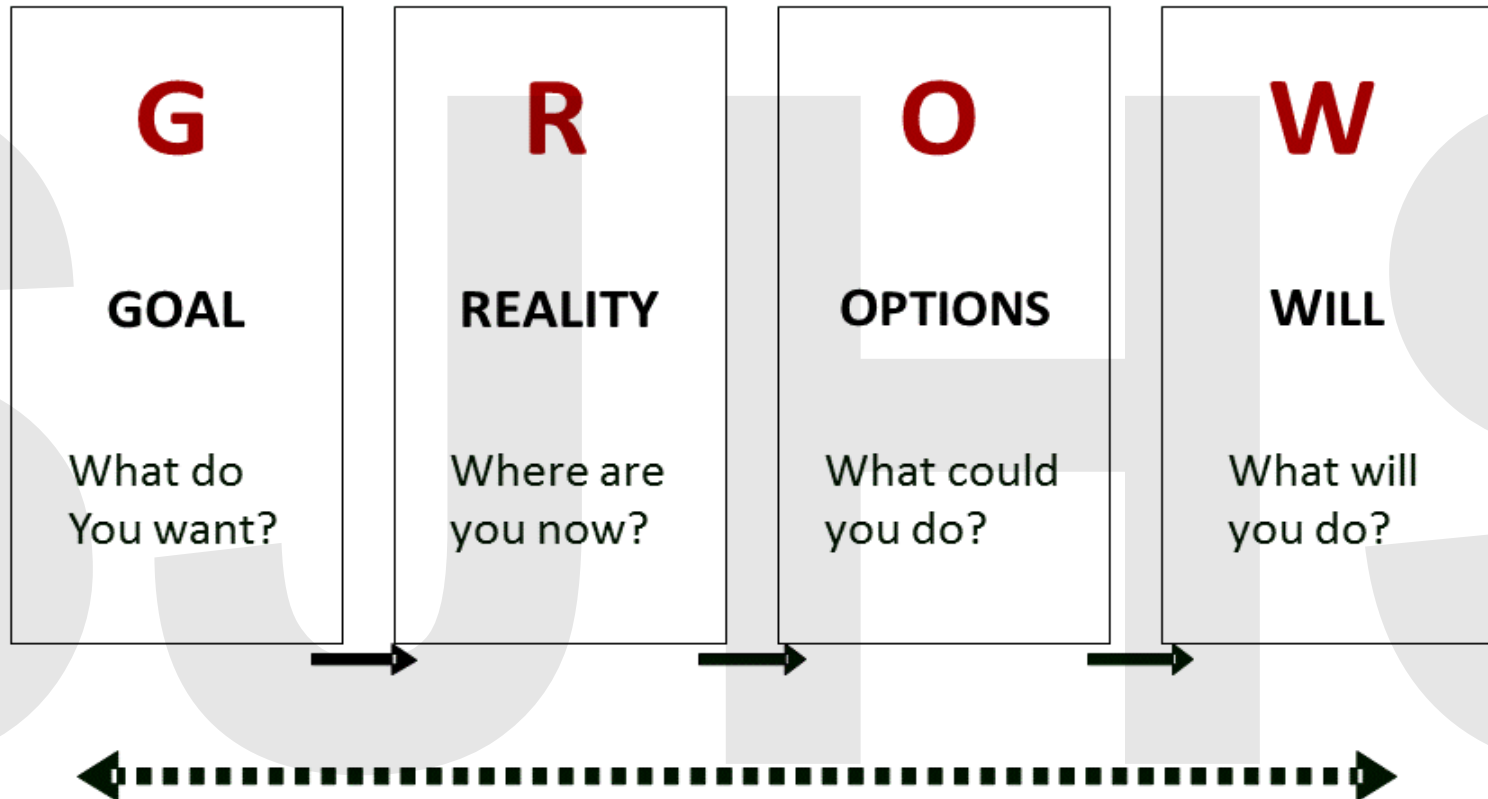
**Try and be brief and sharp with your answers.**

**Share with others or your teacher if you feel it will help.**

**Keep these as reminders or as a plan of the future.**

**As you progress through school try and tick off your achievements.**

# Grow Model



# G

oal

What do you want?  
What will that get you?  
What is exciting about this goal?  
What's even more important than this goal?  
How will you measure the results?  
What does success look like?  
What's the big picture?

# R

eality

How are things going right now?  
How do you feel?  
What values and needs are most important?  
What is the biggest concern?  
What resources are available?  
What barriers do you face?  
What does the resistance really mean?

# O

ptions

What are some of the ways you could approach this issue?  
Would you like to brainstorm some options?  
In your wildest dreams, what strategies would you choose?  
If you had more money, time or authority, what would you do?  
What if you could start all over?  
What are some of the advantages and disadvantages of each option?

# W

ay  
Forward

Which option is your best choice?  
When will you get started? What's the first step?  
What else do you need to do?  
On a scale of 1-10, how committed are you to this plan?  
What would take you to a ten?  
What accountability structures would support you?  
How will you celebrate success?



# S

## Specific

Who, What, Where,  
When, Why, Which

Define the goal as much as possible with no ambiguous language.

WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?

# M

## Measurable

From and To

Can you track the progress and measure the outcome?

How much, how many, how will I know when my goal is accomplished?

# A

## Attainable

How

Is the goal reasonable enough to be accomplished? How so?

Make sure the goal is not out of reach or below standard performance.

# R

## Relevant

Worthwhile

Is the goal worthwhile and will it meet your needs?

Is each goal consistent with other goals you have established and fits with your immediate and long term plans?

# T

## Timely

When

Your objective should include a time limit. "I will complete this step by month/day/year."

It will establish a sense of urgency and prompt you to have better time management.

# NOTES/ IDEAS

S

M

A

R

T

SMART Goals Guide	
<b>Specific</b>	<ul style="list-style-type: none"><li>» What exactly needs to be accomplished?</li><li>» Who else will be involved?</li><li>» Where will this take place?</li><li>» Why do I want to accomplish the goal?</li></ul>
<b>Measurable</b>	<ul style="list-style-type: none"><li>» How will I know I've succeeded?</li><li>» How much change needs to occur?</li><li>» How many accomplishments or actions will it take?</li></ul>
<b>Attainable</b>	<ul style="list-style-type: none"><li>» Do I have, or can I get, the resources needed to achieve the goal?</li><li>» Is the goal a reasonable stretch for me? (neither out of reach nor too easy)</li><li>» Are the actions I plan to take likely to bring success?</li></ul>
<b>Relevant</b>	<ul style="list-style-type: none"><li>» Is this a worthwhile goal for me right now?</li><li>» Is it meaningful to me—or just something others think I should do?</li><li>» Would it delay or prevent me from achieving a more important goal?</li><li>» Am I willing to commit to achieving this goal?</li></ul>
<b>Time-bound</b>	<ul style="list-style-type: none"><li>» What is the deadline for reaching the goal?</li><li>» When do I need to take action?</li><li>» What can I do today?</li></ul>