



HOW TO MAKE A SMART GOAL




SMART goals are like maps for your dreams! You will develop a SMART goal for each of your activities. Keep in mind, for the Adventurous Journey (AJ), you will need to make a team goal, not an individual one. Check out the AJ Team Goal Builder on the [AJ Navigator](#) if your team is looking to make a goal for the AJ.

What is a SMART Goal?

This sheet will show you how to make a SMART goal and give you some examples. If you need help, try using [ChatGPT](#) – give it some key information and ask it to help create your SMART Goal for your activity! Or, talk to your Award Leader or Assessor.

SMART stands for **Specific, Measurable, Achievable, Realistic, and Time-bound**. SMART goals help you figure out exactly where you want to go and how to get there. So, when you make a goal for each of your activities, make sure it's super clear (Specific), you can track your progress (Measurable), it's something you can actually do (Achievable), it's sensible (Realistic), and you give yourself a deadline (Time-bound). That way, you'll know exactly what steps to take to make your dreams come true!

SMART Goal Examples

| | |
|---|---|
|  | Skill: Over the next 13 weeks, I will dedicate 1 hour per week to building in Minecraft. I will focus on learning building techniques, like detailing and interior design to create cool structures. |
|  | Physical Recreation: Over the next 13 weeks, I will attend hockey training sessions with the school team three times per week, dedicating 1 hour to skill development and technique refinement. |
|  | Voluntary Service: I will spend 1 hour each week coordinating and beginning a shoe donation drive involving family and friends, collecting and donating a minimum of 20 pairs of used footwear to local charities or organizations supporting individuals in need within the community over the next 13 weeks. |

Need Help Finding an Activity? Check out our awesome [Activity Zone](#)! You're sure to find something you like.

If you're wondering if your activity counts for the Award, check out our '**Does Your Activity Count?**' page. The Award isn't about ticking off tasks—it's about having a blast and doing stuff you love! As long as your activity includes the seven key elements, it will qualify. Chat with your Award Leader if you need a hand—they're here to help you make your dreams a reality!

| | | Physical Recreation | Skill | Voluntary Service |
|------------------------|---|---------------------|-------|-------------------|
| What is your Activity? | | | | |
| S SPECIFIC | <i>What do you want to achieve?</i> | | | |
| M MEASURABLE | <i>What is your target and how will you measure your progress?</i> | | | |
| A ACHIEVABLE | <i>What do you need to do to achieve your goal?</i> | | | |
| R REALISTIC | <i>Do you have the ability, time, and resources to achieve your goal?</i> | | | |
| T TIMEBOUND | <i>How often will you work towards your goal and when will you achieve it by?</i> | | | |
| SMART Goal | <i>Put everything together and submit the SMART Goal to your Award Leader on ORB!</i> | | | |