

SMART Goals



SMART goals are an important tool for goal planning for the short term and long term.

There are five parts:

- Specific
- Measurable
- Achievable
- Realistic or relevant
- Time Value

A **specific** goal is a goal that is detailed and exact.

For example, when a youth member wants to run a camp, they shouldn't say '*let's run a camp*' as it is not detailed enough and is quite vague. Perhaps the youth member would say '*I want to run a lone patrol camp for the scouts in my scout county*'.

Measurable is when the goal has the ability for progress to be tracked and the person knows when the goal is met. Continuing on with our example of running a camp, a youth member could say '*I want to run a lone patrol camp by the end of the summer*'.

Achievable is a goal that is not completely out of reach. A youth member might say '*I want to run a lone patrol camp locally/in a National Scout Centre by the*



end of the summer’ instead of ‘I want to run a lone patrol camp in Spain by the end of summer’.

A **realistic or relevant** goal is a goal that is worthwhile to you and in your power to achieve it. Instead of saying ‘I want to run a lone patrol camp locally by the end of the summer because our patrol did not have a summer camp’, a youth member could decide ‘I want to run a lone patrol camp locally by the end of the summer **to receive my camping badge**’

Lastly, a **timely or time-valued** goal is a goal that can be accomplished in a set period of time. A youth member might decide ‘I want to run a lone patrol camp locally **over a weekend** by the end of the summer to receive my camping badge’

