



You should set SMART goals at the BEGINNING of your 4-H year! You can start by adding record books for each project you will be doing during your 4-H year. These will be your Project Reports. Start working on your record book early! Think about what you've already learned in your projects, and about the things you'd still like to learn. Your goals should GROW with YOU!

### Let's make it...

## S Specific

Choose one thing you want to improve or one skill you want to learn.

## M Measurable

What will you have at the end to know you reached your goal? Try to make it a number.

## A Attainable

Think about what you can get done with your 4-H year! Make it reasonable and challenging!

## R Relevent

Make sure your goal is related to your 4-H project. As you spend more years in a project, make your goals more challenging.

## T Time-Bound

Give yourself a timeline. You can have a short-term goal you finish in a couple weeks or months. Or a long-term goal that takes you all year.

Let's try it!

Practice writing a SMART goal...

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### Then make a Plan...

Some things to consider:

- Going to 2 practices a week.
- Watching videos online.
- Asking a leader, parent, sibling, or friend for help (especially for Juniors).
- Marking days on your calendar so you don't forget to keep working on the goal.
- Finding a friend with the same goal to help keep you going.
- **THE LIST GOES ON!**
- Going to monthly project meetings.
- Attending a clinic or a camp.

Talk about specific things you want to do to help you reach each of your goals! As the year goes on think about how your plan has gone. Whether it went well you you needed to make changes.

