

Smart Goal Information and Tips

It is a good idea to formulate your smart goals at the start of the 4-H year. Doing so helps to direct your choices and actions throughout the year. Be sure to revisit your goals periodically so you can continue to make progress toward meeting them or revise them as necessary.

Smart Goal Topics:

This is a list of topics to use as possible goals for your year. Remember to use the SMART acronym to help you formulate your goal once you choose your topic. (See the additional page.)

- Is there a new activity you would like to try this year?
 - Could you speak at a club, project our county meeting?
 - Is there an office you would like to hold?
 - Is there something you want to take on as a part of your officer position?
 - Is there an event you would like to chair?
 - Could you help to start a new event for your club or Racine County 4-H?
 - Can you assist a younger member with a project or during an activity?
 - Could you help welcome new 4-H families?
 - Is there a community service project you could organize for your club or the county?
 - Could you arrange for a speaker at your club meeting?
 - Can you become more involved at a different level of 4-H such as club, county, region, state or national?
 - How can you help to promote 4-H in your community?
- Is there a new project or opportunity you would like to participate in this year?
 - Is there a particular part of a project that you want to explore?
 - Is there a project related challenge you want to address or handle differently this year?
 - Can you use the skills you've learned in a project in other life situations?
 - How could you assist someone new to your project?
 - Could you give a project demonstration?
 - Can you organize a project field trip?
- Is there a life skill you want to learn about this year?
 - How can you manage your time better?
 - Is there a different way to organize your project supplies?
 - How could you keep an accurate record of your expenses?
 - Could you work to develop your communication skills?
 - How can you develop your problem solving or decision making skills?



Tips for Writing S.M.A.R.T. Goals:

Setting goals for 4-H projects is simply deciding what you want to learn and do. It is like a road map - helping you plan how to get where you want to go. Keep track of your goals in your 4-H record book. Challenge yourself each year and set new goals that stretch your skills.

Goals should have three parts - the action (how you are going to do it), the result (what you are going to do), and timetable (when you plan to have it done).

What is a S.M.A.R.T. goal?

S-Specific: Well defined. Clear to anyone if they read your goal.

M-Measurable: Know when it has been achieved.

A-Achievable: When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

R-Realistic: Within the available resources, knowledge and time.

T-Timely: Enough time to achieve the goal.

Examples of S.M.A.R.T. Goals:

* Practice making my favorite cookie recipe three times before the fair and then take it as an exhibit.

* Learn to sew on a button and teach my club at the October meeting

*Fulfill my responsibilities as a club officer, be on time, and attend all club meetings this year.

*Write an article about our 4-H club community service project for the local newspaper in May.

*Attend and be on time for $\frac{3}{4}$ of club meetings during the year.