

COUNSELLORS CORNER

Hello everyone!

As we approach the end of term 1, I'd like to take a moment to

emphasise the importance of setting SMART goals and how they can serve as invaluable tools for visualising and achieving our aspirations with clarity and ease.



- S** Specific
- M** Measureable
- A** Achievable
- R** Relevant
- T** Timly



GOALS

Keep reading to learn more about smart goals.

Why SMART Goals?!

Have you ever found yourself with lofty ambitions but unsure of how to transform them into reality? That's where SMART goals come in – acting as our reliable roadmaps, guiding us toward success one step at a time.

Breaking Down SMART Goals:

Let's simplify the concept:

Specific: Instead of vague notions, let's crystallise our objectives. For instance, rather than stating "I want to get outside more," let's be specific: "I commit to spending a minimum of 15 minutes outdoors engaging in physical activity every day after school."

Measurable: It's time to monitor our progress! We can implement creative methods like a sticker chart to visualise our achievements. Remember, celebrating those small victories fuels our motivation!

Achievable: By breaking our goals into manageable tasks, such as preparing nutritious snacks or scheduling activities, every action contributes to our overall objective.

Relevant: Why does this goal resonate with us? Let's ensure it aligns with our values and aspirations. Whether it's enhancing our well-being or embracing new experiences, let's make it meaningful!

Timely: Let's establish a timeframe – whether it's by month's end or the conclusion of the term – and initiate action. Regular check-ins will help us stay focused and adapt our plans as necessary.

Wishing you all a restful holidays!