

Materials	Paper, pencil
Learning Outcome	Analyze various areas of your life and develop specific, measurable, achievable, relevant, and timely goals.

Description

Ask the youth why goal setting is important for people and discuss this with them. Support them with answers as needed (e.g., goal setting helps give you focus, helps you stay motivated, helps you measure progress, help you determine what you want to do, etc.). Ask the youth if they have any goals they are currently trying to achieve and discuss them if they do. Explain to the youth that if they do not have any goals set, they will do an exercise to set some goals. If they do have goals set, ask them to apply the goal setting process you will share with them to add clarity to their goals. On a piece of paper, have the youth write the letters S-M-A-R-T vertically down the page. Explain to the youth that they will use the S.M.A.R.T. goal setting approach to set their goals. Share that it is important to set goals in various areas of your life. Using the S.M.A.R.T. goal-setting approach, invite the youth to set goals for:

- Academics
- Physical activity
- Healthy eating
- Family and community
- Hobbies and interests
- Screen time
- Long-term plans

Encourage the youth to ask the following questions for each letter of the goal-setting process to support them with developing their goals.

S - specific	What do you want to do?
M - measurable	How will you know when you've reached it?
A - achievable	Is it reasonable enough to accomplish?
R - relatable	Will it meet your needs?
T - timely	When do you want to achieve it?

The youth can choose to share their goals with you or not. If they do share them with you, ask supportive questions about the S.M.A.R.T. process they applied to create their goals.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *What measurable will you use to know if you are successful with your goals?*
- *Did you find the S.M.A.R.T. goal setting process easy to follow? Why or why not?*