

# Panasonic Student Eco Citizenship Project



## Goal Setting

Setting goals can be an important part of any project. They help you determine where you are going and help you set a path for getting there. However, most people tend to focus on the “what” of the goal and forget the “how,” the most important part of the process. One way to avoid this common mistake is to use a goal-setting system to help you think about each step on the way to achieving your goal. One such method is called using **SMART** goals.

These are goals that are:

S – specific

M – measurable

A – attainable

R – relevant

T – timely

Consider the following goal...

“I want to run a marathon.”

While this may be an honorable goal, it is not SMART. In order to make it SMART, we will use the chart below to write a more detailed goal.

Notice how each step provides more details about the goals and shows a clear path for achieving the goal. Working through this process with goals will make your more likely to set and attain goals.

GOAL: To run a marathon	
Specific	I will run the Marine Corps Marathon.
Measurable	I will run the Marine Corps Marathon in five hours or less.
Attainable	I have been running for a year now and have completed several 5Ks. Using the training plan I found online, I know I can complete the marathon.
Relevant	I am working to improve my health and fitness and training for a marathon will help me with this.
Timely	I will run the Marine Corps Marathon by October 2018.

Think about a goal you have for your Eco Diary project. Write down the goal below.

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Now use the chart below to make your goal SMART!

GOAL:	
Specific	
Measurable	
Attainable	
Relevant	
Timely	

Consider using the SMART goal process with goals that you set in other classes and for other projects.