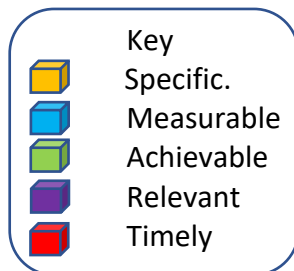
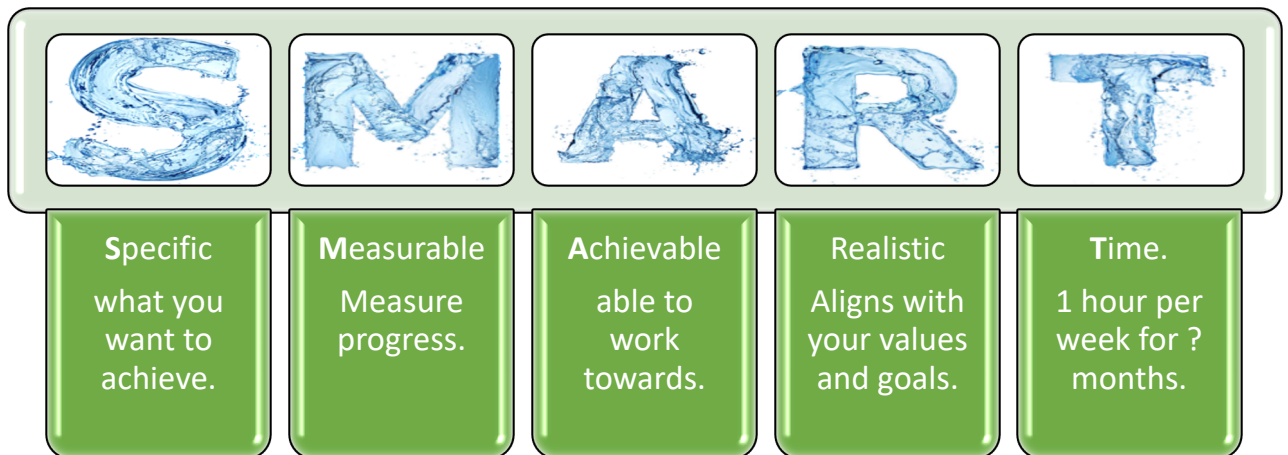


## Creating a S.M.A.R.T Goal



### Examples

Physical Recreation. (Something that makes you sweat)

My goal is to **rock climb** a **grade 20** without falling. I will train **1 hour per week for 3 months**. My training will involve **Bouldering**, working on technique and strength and trusting my feet.

Skill. (Something I am learning that is not physical)

I would like to **play Beethoven's Symphony No 5 and 7 from memory without mistakes with my eyes closed**. I will achieve this by playing **an hour a week for 6 months**, starting with my eyes open until it becomes muscle memory and then practicing with my eyes closed.

Service. (Something that helps more than one person in the community)

I'm helping the **homeless by creating meals for the salvation army**. I will create **one meal each week that takes a hour to make over 12 months**. My meals will be the same quality as the meals I eat at home.