

Name: _____
Class: _____

My E-lesson
Module 8 : Setting My Life Goal
Activity 2 : A goal set in my past

1. Recall and write down a goal you had set in the past.

2. Does this goal fulfill the following requirements?
(Check the box if appropriate)

- Specific
- Measurable
- Achievable/feasible
- Meaningful & valuable
- With a given timeframe

3. Was your goal a success? How was your experience?

4. Why was it successfully achieved/fail to achieve?

On top of psychological and environmental factors, the way we set a goal is one of the key factors that affects the outcome of our goals. With reference to the “SMART” principles, you can set precise and effective goals by considering the qualities below.

S	Specific (Can clearly understand the things you have to achieve)
M	Measurable (Have indicators to clearly define success)
A	Attainable (Ensure that the goal can be achieved after balancing both the external and internal factors)
R	Relevant (Can bring meaning and value to your life)
T	Time Based (Can complete in a specific time frame)

(Doran, 1981)

