

Sophia's Goals



My Goals

Be able to give a presentation in front of my history class this semester.

This is a good example of a specific, measurable, and achievable goal!

Specific

Is this goal specific enough?



Measurable

Is there a way to know once you've accomplished this goal?



Achievable

Is this goal realistic, too easy, too hard?



Be less nervous when my after-school routine changes.

This goal is not specific or measurable. It's hard to determine once it has been accomplished, and it is not clear what Sophia will be doing.



Never feel anxious in any social situations again.

This goal is not specific, measurable, or achievable. Everyone feels anxious at times so this is not realistic.

