

Plan: **SMART** **Goals**

You and your team will use the SMART Goals structure a plan on how to solve your injustice!

SMART Goals are goals that are: Specific, Measurable, Attainable, Relevant, and Time-bound. They will help you as you think through how to solve your injustice.

- Watch the "[Where Are We Headed?](#)" video to better understand how young people, like you, can set realistic and attainable goals! Discuss with your team the difference between a wish and a goal, and what you learned about goal setting through this video.
- Review the SMART Goal example provided by your facilitator or on the following page. You could also discuss what it means to set goals with adults in your community.
- Work with your team to fill in the SMART Goals worksheet.
- If possible, switch SMART Goals with another team and give them advice to make their goals clearer, and listen to their constructive feedback for how to clarify your SMART Goals.



Plan: SMART Goals Worksheet

EXAMPLE:

Selected Injustice: Young people do not always have enough food over the weekends.	
Compassionate Insight: We will address schools not providing free meals over the weekend by growing food in a school garden for students to take home.	
Desired Future: We envision a future where no child goes hungry.	
Specific <i>What are we going to do? What do we want to accomplish? How are we going to do it?</i>	<i>Create a school indoor and outdoor garden with fruits and vegetables.</i>
Measurable <i>How will we know when we have reached our goal?</i>	<i>We will know we have reached our goal when 20 students can take home food over the weekends.</i>
Attainable <i>Can we see ourselves achieving this goal? Can we break it down into manageable pieces?</i>	<i>We will gather donation from the community in terms of resources and expertise. There are many members of our community that are experts in gardening.</i>
Relevant <i>Is this aligned with our injustice we are trying to solve?</i>	<i>The garden will provide food for the community.</i>
Time-bound <i>What is our target date for reaching this goal?</i>	<i>We will begin the garden in the spring and have the initial crops harvested by the fall.</i>

SMART GOAL: *We will create an indoor and outdoor school garden with the donations and expertise of the community this spring in order to have produced enough by the fall to provide 20 students with food for over the weekend.*



Plan: SMART Goals Worksheet

Your name: _____

Your group name: _____

Fill out the top three spots on this form using your previous work in Phase 2: Understand. Then use the SMART Goals format to come up with a plan to solve your injustice!

Selected Injustice: _____	
Compassionate Insight: _____	
Desired Future: _____	
Specific <i>What are we going to do? What do we want to accomplish? How are we going to do it?</i>	_____ _____ _____
Measurable <i>How will we know when we have reached our goal?</i>	_____ _____ _____
Attainable <i>Can we see ourselves achieving this goal? Can we break it down into manageable pieces?</i>	_____ _____ _____
Relevant <i>Is this aligned with our injustice we are trying to solve?</i>	_____ _____ _____
Time-bound <i>What is our target date for reaching this goal?</i>	_____ _____ _____