SkillsUSA ®

CHARGE

A SkillsUSA CHAPTER OFFICER VIDEO SERIES
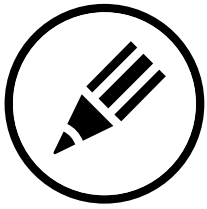
Activity Guide

EP 6: Personal Growth SMART Goals

Discussion Action Item

Think of a time when you intentionally developed a skill. What was the end goal? Were you successful or unsuccessful in achieving this goal and why?

Now, share this example with your chapter officer team.

Activity

Complete the activity below to determine what personal growth SMART goals you will work to achieve.

What is an Essential Element or area of my life that I can focus on to improve and achieve personal growth?

_____

_____

_____

Like Janisha, you have identified a personal growth area that you want to achieve. Janisha was able to achieve her goal of speaking Spanish because she created SMART goals. Let's do the same with your personal growth goal below. Remember, here is Janisha's goal:

During the next 15 weeks, I will learn to speak at least 200 Spanish words and 25 Spanish sentences in preparation for my trip to Spain. I will achieve this goal by completing the following steps:

- Complete two Spanish lessons each week with my Spanish tutor.
- Complete a weekly oral test with my tutor.
- Block a minimum of 20 minutes of practice time each day in my schedule in addition to my tutoring lessons.
- Commit to using Spanish in public at least once each week.
- Join my school's Spanish club.

(S) Specific

What specifically did Janisha want to achieve?

_____

_____

_____

What specifically do you want to achieve?

_____

_____

_____

(M) Measurable

What data was measured through Janisha's goal?

_____

_____

_____

What data will be measured in your goal?

_____

_____

_____

(A) Achievable

What actions did Janisha identify to achieve her goal?

_____

_____

_____

What actions could you take to achieve your goal?

_____

_____

_____

(R)

Relevant

What actions did Janisha identify to achieve her goal?

_____

_____

_____

What actions could you take to achieve your goal?

_____

_____

_____

(T)

Time-Based

What data was measured through Janisha's goal?

_____

_____

_____

What data will be measured in your goal?

_____

_____

_____

Personal SMART Goal

Write your personal growth SMART goal below as one complete statement. Refer to Janisha's written goal as an example.

_____

_____

_____

_____

_____

_____

Share as a Team

Now, if you're meeting virtually, use the Zoom whiteboard feature to write your personal growth goal. If you're meeting in person, share the goal with your team as you've written it above. Check in on one another's progress with their goals and plan a celebration when one of your teammates achieves their personal growth SMART goal!