



# Setting SMART Goals

## C1 Reflection and Planning



### What Makes a Good Goal?

Write your ideas here and share with a partner!

- *I'd say a good goal needs to be...*
- *One thing that stops people from reaching their goals is...*
- *In my experience, goals are easier to reach if...*

### What are SMART Goals?

Compare these two goals and discuss: Which one will help you advance and improve more in your language learning?

**GOAL 1:** I want to get better at English

**GOAL 2:** I will learn 10 new phrasal verbs by the end of September.

**ENGLISH**

**GET out**

**SMART**


Goal 2 is more concrete and will help you make real steps towards improving your English language level. It's an example of a SMART goal:

	Acronym	Description	Example
S	Specific	Clearly defined	<i>I want to improve my listening by watching 2 TED Talks per week.</i>
M	Measurable	Can be tracked	<i>I want to learn 50 new phrasal verbs and use them comfortably.</i>
A	Achievable	Realistic, possible	<i>I will revise grammar for 15 minutes every day.</i>
R	Relevant	Connected to your needs	<i>I want to learn business English for my future job.</i>
T	Time-bound	Has a deadline	<i>I will complete my practice essays before October 1st.</i>

## Write Your Own SMART Goals

Think about your life at the start of this school year. Write **one SMART goal** for each of the areas below. Use the guidelines (Specific, Measurable, Achievable, Relevant, Time-bound) to make sure your goals are clear.

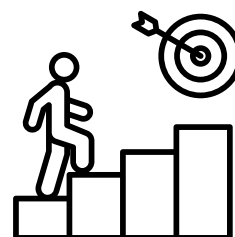
Example:

	<b>Area:</b> Language learning	<b>SMART Goal:</b> <i>I will learn 20 new academic words by keeping a vocabulary journal and revising them twice a week. I will test myself at the end of September.</i>
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Now it's your turn:



◆ FOCUS ◆  
\* ON \*  
◆ YOUR GOALS ◆



	<b>Area:</b> Language learning	<b>SMART Goal:</b>
	<b>Area:</b> Health/ fitness	<b>SMART Goal:</b>
	<b>Area:</b> Personal interests / hobbies	<b>SMART Goal:</b>
	<b>Area:</b> Social life / relationships	<b>SMART Goal:</b>

### Follow-up discussion (pair work):

- Which goal do you think will be easiest to achieve? Why?
- Which one might be most difficult? What obstacles could you face?
- How can you track your progress?

## Vocabulary Focus – Talking About Goals

### Part A – Gap Fill (Complete the sentences)

Use the expressions below:

**set / stick / overcome / track / short-term / lose / push / long-term**

1. It's important to \_\_\_\_\_ realistic goals if you want to succeed.
2. I often \_\_\_\_\_ motivation halfway through the term.
3. I keep a journal to \_\_\_\_\_ my progress.
4. My teacher encouraged me to \_\_\_\_\_ myself more this year.
5. Athletes often have to \_\_\_\_\_ obstacles such as injuries or pressure from competition.
6. If you want to improve consistently, you must \_\_\_\_\_ to a plan.
7. When planning ahead, it's useful to distinguish between \_\_\_\_\_ and \_\_\_\_\_ goals.

# Find Someone Who... (SMART Goals Edition)

## Instructions

1. Walk around the class and ask your classmates questions.
2. When someone answers “Yes,” write their name in the box.
3. Try to use the expressions from today’s lesson in your questions.
4. At the end, share one or two interesting answers with the class



Find someone who...	Name
...has recently <b>set a goal</b> to improve their English.	
...sometimes <b>loses motivation</b> during the school year.	
...has to <b>overcome obstacles</b> when studying (like work, sports, or family commitments).	
...tries hard to <b>stick to a plan</b> when preparing for exams.	
...likes to <b>track their progress</b> in some way (apps, journals, checklists).	
...has both <b>short-term</b> and <b>long-term goals</b> this year.	
...thinks they need to <b>push themselves</b> more to achieve their full potential.	
...believes they have <b>realistic expectations</b> about what they can achieve this term.	



## Writing – Letter to a Friend

Prompt:

You have received this letter from your English-speaking friend, Alex:

*Hi! It feels great to be starting a new academic year, doesn't it? I was wondering — have you set yourself any goals for this year? I find it hard to stick to a plan and often lose motivation. Do you have any advice for me? I'd love to hear what your goals are and how you usually keep yourself on track.*

*Best,  
Alex*

<p>Your Task:</p>	
<p>Write a <b>reply to Alex (220–260 words)</b>. In your letter you should:</p> <ul style="list-style-type: none"> <li>● Explain your own short-term and/or long-term goals.</li> <li>● Describe how you try to <b>stick to a plan</b> and <b>track your progress</b>.</li> <li>● Give Alex some advice on how to <b>overcome obstacles</b> and avoid <b>losing motivation</b></li> </ul>	
<p>Writing Tips:</p> <ul style="list-style-type: none"> <li>● Use an <b>informal but natural style</b> (not too casual — think of how you'd write to a friend you respect).</li> <li>● Organise your ideas clearly in <b>paragraphs</b>.</li> <li>● Use some of the expressions we studied: <i>set a goal, stick to a plan, overcome obstacles, track your progress, push yourself, realistic expectations...</i></li> <li>● Make sure your letter is the right length: <b>220–260 words</b></li> </ul>	

# Answer Keys

## Vocabulary Focus – Talking About Goals

### Part A – Gap Fill (Complete the sentences)

1. It's important to **set** realistic goals if you want to succeed.
2. I often **lose** motivation halfway through the term.
3. I keep a journal to **track** my progress.
4. My teacher encouraged me to **push** myself more this year.
5. Athletes often have to **overcome** obstacles such as injuries or pressure from competition.
6. If you want to improve consistently, you must **stick** to a plan.
7. When planning ahead, it's useful to distinguish between **short-term** and **long-term** goals