

An Exercise in Re-Setting Goals:

Re-write the following goals and make them **SMART** goals. (The first is done for you.)

Example Goal: I will do better in school.

SMART Goal: I will improve my math and science grades to 100% for the end of this term by reviewing my notes and doing my homework regularly.

1. I will become fit.

2. I will learn to swim.

3. I will try harder at school.

4. I will be on my best.

5. I will exercise regularly.

6. I will be a better student.
