

### **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 by 10% for the end of this term by reviewing my notes and doing my homework regularly.

1. I will become fit.

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2. I will learn to swim.

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3. I will try harder at school.

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4. I will be on my best.

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5. I will exercise regularly.

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6. I will be a better student.