

Don't Make a Wish, Set a Goal!

Is there something you want? Something you really, really want? Something you have been wishing for? Unfortunately, wishes don't usually come true on their own. But don't give up hope! With some SMART planning, you can transform your wish into a GOAL that you can achieve!

SMART Goals are:



- 1. Specific:** Know EXACTLY what your goal is.
 - a. Example: I am saving money to buy a bike that will cost \$50.
- 2. Measurable:** Know EXACTLY how much money you need to save.
 - a. Example: The bike will cost \$50, I will be able to track my savings to see how close I am to my goal and how much more I need to save.
- 3. Attainable:** Is your goal realistic? Is it doable? No crazy, out of this world goals, like saving 2 million dollars in 1 week.
 - a. Example: I am planning to buy a bike, not a sports car!
- 4. Relevant:** Is this something you want? Is it important to you and worth saving for?
 - a. Example: I love riding bikes, riding a bike is good exercise, and I will have lots of free time this summer to use the bike.
- 5. Timely:** Set an EXACT due date for your goal.
 - a. Example: I want to purchase the bike on June 1, so I can ride it all summer. June 1 is 5 weeks from today.

Example Goal: On June 1st I will have \$50 to spend on a bike. To reach this goal I will save \$5 per week for five weeks and use the \$25 I received for my birthday.

Think of a money goal you have. Fill in the sentence below to write your goal.

On _____ (date goal will be achieved) I will have \$_____ (amount of money your goal will cost) to spend on _____ (your goal!). To reach this goal I will save \$_____ (amount of money you will save each week) each week for _____ (number of weeks you will save) and use \$_____ (money you already have; if you are not using money you already have, write zero) I already have.

Remember – Saving money does not mean “not spending.” Saving money means you are waiting to spend the money later. When you save money you still get to spend it, just not today.

Create a Visual Goal

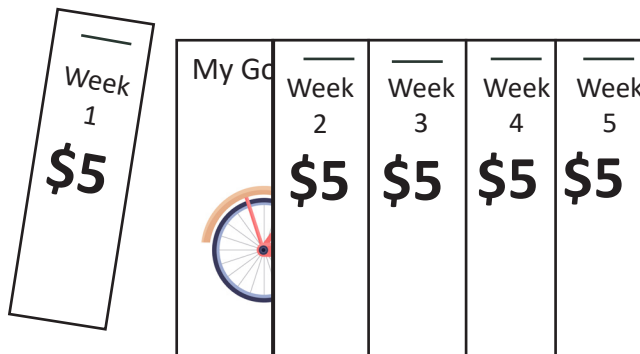
1. Draw a picture of your goal.



2. Cut a piece of paper, the same size as the drawing paper, into strips so that there is one strip of paper for each week of saving, or saving "chunk."
3. Write the weekly saving amount on each strip of paper.

Week 1	Week 1	Week 1	Week 1	Week 1
\$5	\$5	\$5	\$5	\$5

4. Staple the strips of paper to the top of the goal drawing; the drawing should be completely covered by these strips of saving paper.
5. As you save the amount listed on each strip of paper, tear off the strip to reveal part of your goal.



6. When all strips of paper have been removed and your goal drawing is completely visible, you have reached your goal and are ready to make the purchase!

