

# Show Me the Goal!

Specific

Measurable

Attainable

Realistic

Time Bound

1. The following goals do not contain all elements of a successful SMART goal
2. Identify the missing SMART goal element(s) for each

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## Goal

I plan to save \$1,500 to buy a used car. I will do this by canceling my home cable service and saving that \$75 each month instead.

What is missing?

Time Bound!



Why?

- How long it will take to reach this goal has not been identified

# Show Me the Goal!

Specific

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## Goal

I plan to save \$2,500 by automatically depositing \$105 from my paycheck into a savings account each month for 2 years.

## What is missing?

Specific!

## Why?

- What the person is saving money for has not been identified

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Specific

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## Goal

I plan to save \$5,000 for college living expenses in four years.



## What is missing?

Attainable and Realistic!



## Why?

- How the goal will be reached has not been identified
- Because of that, it isn't possible to tell if the goal is realistic or not

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## Goal

Instead of signing up for a cell phone plan, I will save that money to buy a new computer in one year. I will do this by saving the \$50 I would have spent on the cell phone bill every month.

## What is missing?

Measurable!

## Why?

- The amount of the computer has not been identified