**What is a SMART Target?**

A SMART target is used to set objectives and help provide guidance on how to achieve them.

SMART is an acronym that stands for: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imely.

A SMART goal incorporates all of these criteria to help focus our efforts and to increase the chances of achieving a set target.

**SMART Target – Specific**

Targets that are specific have a significantly greater chance of being accomplished. To make a target specific it needs the following elements:

**Measurable**

A SMART Target must have criteria for measuring progress. If there are no criteria, we will not be able to determine what progress has been made and whether we are on track to reach the target. To make a target measurable ask:

1. How many/much?
2. How do we know when the target has been reached?
3. What is the indicator of progress?

**Achievable**

A SMART Target must be achievable and attainable. This will help us to find ways to realise the target and work towards it. Ask:

1. What resources or strategies are needed to achieve the goal? What do we need?
2. How has this been done before?

**Realistic**

A SMART target must be realistic in that the target can be realistically achieved given the resources available and in the time frame set. Ask:

1. Is the target realistic and within reach?
2. Is the target reachable given the time and resources?

**Timely**

A SMART Target must be time-bound in that it has a start and finish date. If the target is not time-constrained, there will be no sense of urgency, and, therefore, less motivation to achieve the target. Ask:

1. Does the target have a deadline?
2. When do we want to achieve the target?

**The Four Elements of a SMART Target:**

Who? *(this is always 1st person e.g. I can or I am able to)*

*Does what?*

Under what conditions or with what level of help/support?

Success criteria?

1. Who? I can/I am able to
2. *Does what? Take two turns with a peer*
3. Under what conditions or with what level of help/support? with adult support
4. Success criteria? three out of five times

I can *take two turns with a peer* with adult support three out of five times.

I am able to *thread four beads onto a lace* without help three out of four times.

I can *make a choice from two items* with adult encouragement four out of five times.

I can engage in an adult chosen activity with adult support for two minutes each session.