



Using the 4-H Pledge to Create SMART Goals

SMART Goals are specific, measurable, attainable, relevant, and time-bound. Using these principles to set goals helps increase the likelihood that the goals will be achieved successfully.

The chart below describes each principle and outlines questions to ask to ensure your goal is SMART.

S	Specific	Define what you expect Provide details	What action steps will be taken? Who will do what?
M	Measurable	Define how you will measure success Quantify your desired result	What data will we measure?
A	Attainable	Make sure you have the resources, time, and people you need Identify obstacles that are beyond your control	Is this goal possible in our current situation?
R	Relevant	Identify if this goal will help you reach a larger overarching goal Consider if this goal aligns with your mission, vision, or values.	Does this goal help me achieve my larger goals/align with my values?
T	Time-bound	Detail a timeline for action items to be completed	When does this goal need to be met by?

Making your goals SMART can help you outline exactly what needs to be done to achieve success. Take this goal for example: *Read more this year*. This goal is not a SMART goal, because there are too many unanswered questions. Read what? How much is more? What is the timeline?

Here is what this goal might look like as a SMART Goal: Read one fiction book each week for a total of 52 book this year.



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Here is what this goal might look like as a SMART Goal:

Read one fiction book each week for a total of 52 books this year.

- ✓ Specific — fiction books
- ✓ Measurable — one per week for 52 weeks
- ✓ Attainable — evaluate if your schedule will allow you to read this much
- ✓ Relevant — if the mission or overarching goal is to read more or find ways to destress, this goal is in alignment
- ✓ Time-bound — one book per week, 52 weeks in the year

Use the following pages to help you use the 4-H Pledge to write four SMART Goals.

The 4-H Pledge

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
And my health to better living,
For my club, my community,
My country, and my world.

My HEAD to clearer thinking.

The first H is for HEAD. 4-H members across the country and world pledge their head to clearer thinking. 4-Hers dedicate time to learning about topics that interest them and developing decision-making and leadership skills. Write a SMART goal related to HEAD.

This goal could be:

- Something you'd like to learn
- A new skill you'd like to develop
- A way to use your leadership or communication skills

Examples:

Make the Honor Roll each quarter in high school and graduate with a GPA of at least 3.0.

Learn how to use my DSLR camera by completing the photography 4-H project and enrolling in the Clover County Library's basic photography class this June.

Begin by writing your goal here. It does not have to be SMART yet.

My HEAD Goal: _____

Now fill in the chart below to turn your goal into a SMART Goal by answering questions for each SMART principle

S	Specific	What action steps will be taken? Who will do what?	
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My HEAD SMART Goal: _____

My HEART to greater loyalty.

The second H is for HEART for greater loyalty. Loyalty means being faithful to your commitments, obligations, and relationships. Building relationships is an important part of the 4-H experience. You may not have set a goal about relationships before but doing so can help you be more mindful and intentional about building healthy relationships.

Your HEART SMART goal might be:

- A way you'd like to improve relationships
- Setting up quality time or experiences with family or friends
- Following through with your responsibilities
- Treating others that may be similar or different from you with respect and inclusiveness

Examples:

Dedicate one night a month to family game night, where our household spends the evening together eating pizza and playing board games or cards.

Plan a trip with my 3 best friends to the amusement park in June this year.

Volunteer once a month at a community clean up or recreation center.

Begin by writing your goal here. It does not have to be SMART yet.

My HEART Goal: _____

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My HEART SMART Goal: _____

My HANDS to larger service.

The next H is HANDS to larger service. Serving others in our community is something that all 4-Hers strive to do. Write a SMART goal related to HANDS.

This goal could be:

- How can you use your passions to better your community
- A community service project you'd like to complete
- How you can mentor someone younger
- Ways that you can show kindness every day

Examples:

Apply for to be a 4-H Camp Counselor for this summer and complete all required training by June 1st.

Complete one small act of kindness each day and record it in my kindness journal. Review the journal each Sunday and reflect on how those acts of kindness impacted myself and others.

Begin by writing your goal here. It does not have to be SMART yet.

My HANDS Goal:

Now fill in the chart below to turn your goal into a SMART Goal by answering questions for each SMART principle

S	Specific	What action steps will be taken? Who will do what?	
M	Measurable	What data will we measure?	
A	Attainable	Is this goal possible in our current situation?	
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My HANDS SMART Goal: _____

My HEALTH to clearer thinking.

The final H is for HEALTH. 4-Hers learn about how to live a healthy life. This includes topics such as nutrition, exercise, mental health, and healthy decision-making.

SMART Goals related to health could be:

- A health habit you'd like to develop
- Exercise or nutrition goal
- Mindfulness practice

Examples:

Limit soda intake to one can per week.

Sign up and complete the Clover County 5K in June, utilizing the Couch to 5K training plan to prepare in April and May.

Begin by writing your goal here. It does not have to be SMART yet.

My HEALTH Goal: _____

Now fill in the chart below to turn your goal into a SMART Goal by answering questions for each SMART principle

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M	Measurable	What data will we measure?	
A	Attainable	Is this goal possible in our current situation?	
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My HEALTH SMART Goal: _____