

Stop wishing, start achieving



Overview of the activity

Participants will write a wishlist of things they want to achieve or improve. They'll choose their top five items and turn them into SMART goals—**S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. This helps them focus on what matters and create clear steps to reach their goals.

Learning goal

- Participants will identify personal priorities by creating a wishlist of goals and desires and will be able to turn selected wish into SMART goals to support realistic and focused planning.
- Participants will reflect on how setting clear goals can help them take practical steps toward personal or professional growth.

Target group

Age range: young adults

Group size: 1-10

Duration

60 minutes

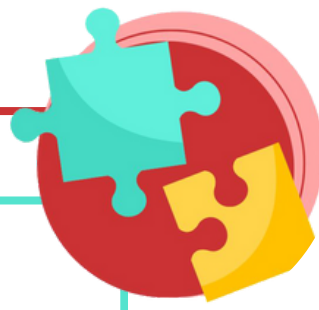
Format

- ☒ In-person ☒ Adaptable to digital format
- ☐ Included in learning platform

Materials

- A4 paper or devices with an internet connection
- Pens

☒ Included in this activity:
"SMART Goal" worksheet
"SMART Goal" worksheet to fill in



How to implement

Step 1: Create a wishlist

Ask participants to take a few minutes to write down as many things or services they would like to buy or achieve. Emphasize that there are no right or wrong answers and encourage them not to overthink it and simply write whatever comes to mind.

Step 2: Choose top 5

Have participants review their wishlist and select the five items that are most important or meaningful to them right now.

Step 3: Introduce SMART goals

Briefly explain the SMART framework:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime-bound

Give a clear, adult-relevant example:

- Wish: "I want to renovate my bathroom".
- SMART goal: "Save 2,000€ over 10 months by setting aside 200€ each month for a bathroom renovation starting next spring".

Step 4: Turn wishes into SMART goals

Invite participants to rewrite their five top wishes as SMART goals.

Encourage them to be as specific and realistic as possible, including timeframes and measurable steps.

Step 5: Share and reflect



Ask participants to share one of their SMART goals with a partner or in small groups. Encourage them to give each other feedback and check whether their goals meet the SMART criteria.

Tips for use

- Encourage realism, not perfection: remind participants that SMART goals are tools for progress, not pressure. It's okay if plans need to be adjusted over time.

Tools & downloads

Tool

-  "SMART Goals" worksheet
-  "SMART Goals" worksheet to fill in

SMART GOALS



You've been thinking about working with a personal trainer to improve your health and fitness. The cost is around 1000€ for 4 months of sessions. To afford it, you'll need to plan ahead and save gradually. By looking at your income and spending habits, you can find a realistic amount to set aside each month. With a clear savings goal in place, investing in your well-being becomes achievable.

SPECIFIC

Clearly define what, why and how you want to accomplish the goal

"SAVE 1000€ FOR A PERSONAL TRAINER IN 4 MONTHS BY PUTTING ASIDE 250€ PER MONTH"

The goal is specific because it clearly defines **what** you want to achieve (saving 1000€), **why** you are saving (to afford the personal **trainer**), and how you will do it (by putting aside 250€ per month).

MEASURABLE

Include a way to track progress or success

"SAVE 1000€ FOR A PERSONAL TRAINER IN 4 MONTHS BY PUTTING ASIDE 250€ PER MONTH"

The goal is measurable because you can track saving 250€ each month to reach 1000€ in 4 months.

ACHIEVABLE

Make sure the goal is realistic

"SAVE 1000€ FOR A PERSONAL TRAINER IN 4 MONTHS BY PUTTING ASIDE 250€ PER MONTH"

The goal is achievable if the monthly balance of income and expenses allows 250€ to be saved. If your income is higher than your expenses by at least this amount, the goal is within reach.

RELEVANT

Ensure it aligns with your priorities or needs

"SAVE 1000€ FOR A PERSONAL TRAINER IN 4 MONTHS BY PUTTING ASIDE 250€ PER MONTH ... BECAUSE I WANT TO BE FIT"

The goal is relevant because it's something you really want and it matches your current priorities.

TIME-BOUND

Set a deadline to achieve the goal

"SAVE 1000€ FOR A PERSONAL TRAINER IN 4 MONTHS BY PUTTING ASIDE 250€ PER MONTH"

The goal is time-bound because it has a clear deadline. You plan to save 1000€ in 4 months. This gives you a specific timeframe.



SMART GOALS

Write **a wish** that you want to turn into a SMART goal, and don't forget to include how much it would cost to achieve it.

.....

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ACHIEVABLE

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