

# The Yes Futures Talents

## Communication



Being able to share ideas in a way that everyone can understand and listening to others.

## Confidence



To believe in yourself and be sure about what you say and do.



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## Self-Awareness



To know how you feel and why, and understand how your actions may affect yourself and others.

## Resilience



To be able to bounce back from tough times, like a superhero who doesn't give up when things get hard.

# SMART Goals

## Being Successful in Achieving Your Goals

We've learnt that setting goals can help us to grow and develop. It's important that our goals challenge us and are ambitious, but we also need to make them achievable.

By being really clear about what we want to achieve, thinking about what could go wrong and planning who can support you with your goals, you're much more likely to be successful.

### **S**pecific

Make your goals really clear and well-defined.

**"I want to present confidently in my Spanish class next week"** instead of "I want to be more confident".



### **M**easurable

Make sure you know how you're going to measure your progress, otherwise how will you know that you've achieved your goal?

**"I want to achieve a level 5 in my maths test next week"** instead of "I want to get better at maths".



### **A**chievable

Your goal needs to feel realistic and achievable, otherwise you'll feel demotivated.

**"I want to practise my singing every day in January to improve"** instead of "I want to have a Number 1 single next week".



### **R**elevant

Your goal needs to make sense to **you** and be relevant to your wider goals and interests. There's no point setting a goal that you're not interested in achieving because you won't feel motivated to work towards it.



### **T**ime-Based

Set yourself a time limit to achieve your goal, this will help to keep you on track, and you'll know when to review your goal.

**"I want to collect 5 school achievement points by the end of this term"** instead of "I want to collect more school achievement points".

