SET UP YOUR GOALS STEP ONE S Specific STEP TWO Measurable STEP THREE Achieveable STEP FOUR Relevant STEP FIVE Time PBGRC.org

Name: Date:	
SETTING Think about what you want to achieve and write down three goals for the new school year.	
GOAL #1	
GOAL #2	
GOAL #3	

Name:	Date:	
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MY SMART GOAL

Write down a SMART goal that you want to accomplish using the following guide questions:



What do you want to accomplish?



How will you keep track of your progress?



What do you need to do in order to reach the goal?



How will this goal help you?



When will you accomplish this goal?

Write down your SMART goal.

Setting SMART goals

By creating SMART goals, you can make your aspirations more focused, achievable and rewarding.



SPECIFIC (S):

Be specific about what you want to achieve.

MEASURABLE (M):

Set measurable criteria to track your progress.

ACHIEVABLE (A):

Ensure that your goal is realistic and within reach.

RELEVANT (R):

Make sure your goal aligns with your interests and overall objectives.

TIME-BOUND (T):

Set a specific timeframe for achieving your goal.



Smarts Goals

Set a SMART goal, create a plan with deadlines, prepare for obstacles, track progress, seek accountability, and regularly review and adjust your goals.

S	Specific
M	Measureable
A	Attainable
R	Relevant
T	Time-based

Goal:



What specifically am I trying to achieve?



How will I measure success?



What steps do I need to take to attain the goal?



Is this relevant for my long-term objectives? Is this the right time?



What is the time frame for the goal?

Name	
Name	

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SMART GOALS PLANNER FOR STUDENTS



Instructions Define a specific, measurable, achievable, relevant, and time-bound goal, break it down into actionable steps with assigned deadlines, anticipate obstacles and develop strategies to overcome them, track progress, seek accountability, and regularly review and adjust your goals.

5	Specific	What exactly do you want to achieve?
M	Measurable	How will you track your advancement?
A	Attainable	Evaluate the feasibility of your goal.
R	Relevant	How does it fit into your broader objectives?

T

Time-bound

What is the deadline?

SMART GOALS

Write your goals for the new school year:

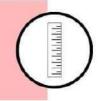
S

PECIFIC



M

EASUREABLE





TTAINABLE



R

ELEVANT

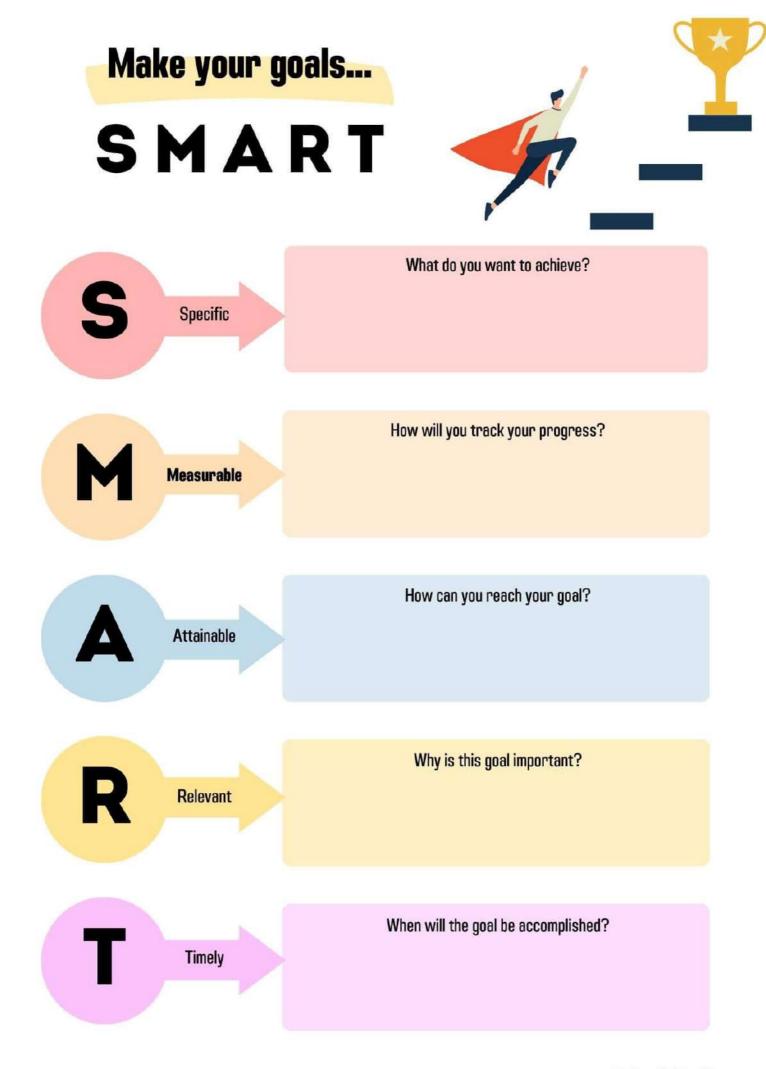


IME



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Name: Date: SMART Goal Specific Measurable Attainable Relevant **Timely** My goal: Why this goal is important to me: Steps I need to take to achieve my goal: Potential Obstacles: Potential Solutions:



SMART GOALS

Setting realistic and achievable outcomes.

My goal is:		
SPECIFIC	What do I want to happen?	
MEASUREABLE	How will I know when I have achieved my goal?	
ATTAINABLE	Is the goal realistic and how will accomplish it?	
RELEVANT	Why is my goal important to me?	
TIMELY	What is my deadline for this goal?	

Name :	Date:
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SMART GOALS PLANNER FOR STUDENTS

Instructions:Define a specific, measurable, achievable, relevant, and time-bound goal, break it down into actionable steps with assigned deadlines, anticipate obstacles and develop strategies to overcome them, track progress, seek accountability, and regularly review and adjust your goals.

S	Specific	What exactly do you want to achieve?
M	Measurable	How will you track your advancement?
A	Attainable	Evaluate the feasibility of your goal.
R	Relevant	How does it fit into your broader objectives?
T	Time-bound	What is the deadline?

SMART GOALS

S

Specific

What do I want to accomplish?

M

Measurable

How will I know when it is accomplished?

Α

Achievable

How can the goal be accomplished?

R

Relevant

Does this seem

Т

Time bound

When can I accomplish this goal?

BREAKDOWN YOUR GOALS!

What Is My Goal?



Specific



Measurable



Achieveable



Relevant



Time

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