

SET UP YOUR GOALS

S

Specific

→ STEP ONE

M

Measurable

→ STEP TWO

A

Achievable

→ STEP THREE

R

Relevant

→ STEP FOUR

T

Time

→ STEP FIVE

Name: _____

Date: _____

GOAL 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: _____

MY SMART GOAL

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

S

SPECIFIC

What do you want to accomplish?

M

MEASURABLE

How will you keep track of your progress?

A

ACTIONABLE

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

R

RELEVANT

How will this goal help you?

T

TIMELY

When will you accomplish this goal?

Write down your SMART goal.

Setting SMART goals

10
Minutes

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:

S

specific

What specifically am I trying to achieve?

M

measurable

How will I measure success?

A

attainable

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

R

relevant

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

T

time-bound

What is the time frame for the goal?

Name _____

Date _____



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

Write your goals for the new school year:

SPECIFIC



MEASUREMENTABLE



ATTAINABLE



RELEVANT



TIME



Name:

Date:

S M A R T

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:

-
-
-

Make your goals...

SMART



S

Specific

What do you want to achieve?

M

Measurable

How will you track your progress?

A

Attainable

How can you reach your goal?

R

Relevant

Why is this goal important?

T

Timely

When will the goal be accomplished?

SMART GOALS

Setting realistic and achievable outcomes.

My goal is:

S
SPECIFIC

What do I want to happen?

M
MEASUREABLE

How will I know when I have achieved my goal?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

R
RELEVANT

Why is my goal important to me?

T
TIMELY

What is my deadline for this goal?

Name: _____

Date: _____

SMART GOALS PLANNER FOR STUDENTS

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S

Specific

What exactly do you want to achieve?

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How will you track your advancement?

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Evaluate the feasibility of your goal.

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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?

A

Achievable

How can the goal be accomplished?

R

Relevant

Does this seem worthwhile?

T

Time bound

When can I accomplish this goal?

BREAKDOWN YOUR GOALS!

What Is My Goal?

S

Specific



M

Measurable



A

Achievable



R

Relevant



T

Time

