

SMART GOALS WORKSHEET

Name: _____
Grade: _____
Date: _____
My Goal Is: _____

S = Specific

What exactly will you do?

M = Measurable

How will you know you're doing it?

A = Achievable

Can you really do it? What will help you?

R = Relevant

Why is this goal important to you?

T = Time-Bound

When do you want to finish this goal?

My Plan

Check-In (after a few weeks!)