

SMART Goals Worksheet

SET YOUR GOAL AND VERIFY THAT YOUR GOAL IS SMART:

HOW ACHIEVING THIS GOAL WILL IMPACT YOUR LEARNING, BEHAVIOR, OR CONFIDENCE:

TAKE ACTION:

List the exact steps or mini-goals you will take over time to reach this goal.

- 1.
- 2.
- 3.

CHALLENGES:

What might distract or stop you from achieving this goal?

What can you do to stay on track and overcome those distractions?

TRACK YOUR ACHIEVEMENTS:

Action Step

What did you do? _____

What date was it done? _____