

SMART Goal

S: A general goal would be, "Get in shape," But a specific goal would say, "Join a health club and workout three days a week."

M: To determine if your goal is measurable, ask questions such as... How much? How many? How will I know when it is accomplished?

A: You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

R: To be realistic, a goal must represent an objective toward which you are both willing and able to work. This can be far reaching, as long as it is something I am able to accomplish.

T: A timeline allows you to evaluate the success of the goal, from there you have the option to extend the timeline of your current goal, and if you met your goal you then move onto your next goal.

Specific

Measurable

Attainable

Realistic

Timeline

Project: M.E. requires three goals per school year. Two of the goals need to focus on academics. Your third goal can also be academic or extra-curricular or something about your personal life.

Name: _____ Grade Level: _____

Specific Goal: _____

Measurable – How will I accomplish my goal? _____

Attainable – What are my steps? _____

Realistic – What am I able to do? _____

Timeline – When will I meet this goal? _____

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Measurable – How will I accomplish my goal? _____

Attainable – What are my steps? _____

Realistic – What am I able to do? _____

Timeline – When will I meet this goal? _____

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Measurable – How will I accomplish my goal? _____

Attainable – What are my steps? _____

Realistic – What am I able to do? _____

Timeline – When will I meet this goal? _____

Who are people that can help with my goals & how? _____