

SMART Goal Setting Worksheet

Name: _____

Goal Start Date: _____

1. My goal is : _____

2. Two things that will help me reach my goal:

1. _____

2. _____

3. SMART Goal Checklist:

S_{pecific} Is the goal clearly written? Is it clear who needs to accomplish the goal, and any support they might expect?

M_{easurable} Does the goal answer the questions of how many, how much and/or how often?

A_{chievable} Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

R_{elevant} Will this goal make a difference to your academic, truancy, or behavior?

T_{ime-bound} Does the goal state a clear and specific completion date?

4. Goal completion date: _____

5. I will know I have reached my goal because:

Signature: _____

Date: _____