



High School

Name: _____

Date: _____

Is your goal SMART?

Word	Definition	Essential Questions
Specific	Goal should be focused and clear	What exactly do I want to achieve? Why?
Measurable	Method for measuring progress towards the goal	How will I track my progress? How will I know when I reached my goal?
Attainable	Goal is realistic	What steps can I take to reach my goal? Are they do-able?
Relevant	Goal has personal importance	Why is this goal important to me? How will it help me?
Timely	Goal has an end date	When do I want to reach my goal? What will I do when I achieve my goal?

List 3 goals you want to achieve by the time you graduate from high school. Make sure they're SMART goals!

- 1.
- 2.
- 3.



High School

Specific: Pick one goal you want to focus on with your action plan.

Measurable: How will you track progress toward meeting your goal?

Attainable: What are the steps you need to take to achieve your goal?

1.	2.	3.
4.	5.	6.

Relevant: Why is it important for you to reach this goal?

Timely: When do you want to achieve your goal _____

→ What resources (people or other) do you need to achieve your goal?

Reflect: What is the first step you will take to achieve the goal you set for yourself?