

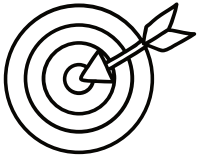
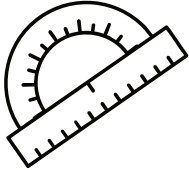
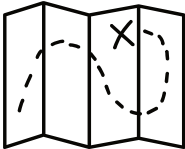
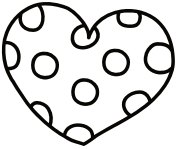

# SMART GOALS

Learn how to set a goal



Name: \_\_\_\_\_

DIRECTIONS: A major component of developing a growth mindset is goal-setting. SMART goals help us achieve success by making the goal specific, measurable, achievable, realistic, and timely. The SMART goal setting method helps us push our limits, gives us a direction to stay focused, and helps us reach our goals on time. Use the template below to write a SMART goal. Make copies of this worksheet as needed.

<b>S</b> <b>M</b> <b>A</b> <b>R</b> <b>T</b>	<b>Specific</b> 	What exactly would you like to accomplish?
	<b>Measurable</b> 	How will you measure your progress and how will you know you've met your goal?
	<b>Attainable</b> 	Can you reach your goal in your time frame? What resources do you need to attain your goal?
	<b>Relevant</b> 	Why is this goal important to you?
	<b>Timely</b> 	By what date would you like to achieve your goal?