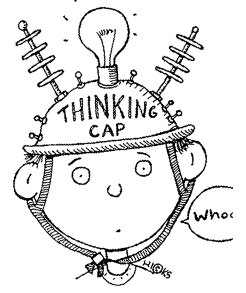
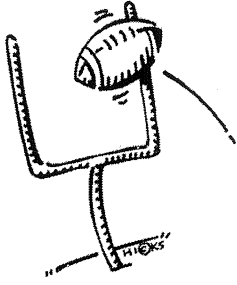


SMART Goal Setting Worksheet

1st QUARTER



Specific

The goal should identify a specific action or event that will take place.

Measurable

The goal and its benefits should be able to be precisely measured.

Achievable

The goal should be attainable when given available resources.

Realistic

The goal should require you to stretch some, but allow the likelihood of success.

Timely

The goal should state the time period in which it will be accomplished.

Specific - My Specific Goal: <u>I WILL...</u>	ACADEMIC	PERSONAL
Measurable - Is my goal measurable? How? How will I know when my goal is accomplished?		
Achievable - Is my goal challenging but still possible to achieve? Explain. Actions required to achieve my goal:		
Realistic -Is my goal realistic? Am I willing to commit to my goal? Why do I want to reach this goal? Explain. Is my goal relevant to my life purpose and my big picture? Explain.		
Timely - When will my goal be reached?		
Daily Commitment - What should I do EACH WEEK and EACH DAY to accomplish this goal? Goal: I will read 1000 pages by Jan. 28 th . (13 weeks) Daily Task: I will read 15 pages each week night. Weekly Task: I will read 76 pages per week.	<u>Weekly Tasks:</u> <u>Daily Tasks:</u>	<u>Weekly Tasks:</u> <u>Daily Tasks:</u>

Student Name: _____ Student Signature: _____