



Name _____ Date _____



Take a moment to think about your school year so far. Are you off to a good start? How do you know? What are you going to do to make sure you are successful? Take a minute to reflect on your school year and record any progress that you have made towards meeting your goals. If you didn't meet your goals, now is a good time to re-write and re-focus your goals for the next week ahead. Remember, a SMART goal is a goal that's Specific, Measurable, Attainable, Relevant and Time-based. It's a goal that's very clear and easily understood.

Specific

Who, What, When, Where, Why, How?

Measurable

How will you know when you're done?

Attainable

Is this realistic?

Relevant

How does this fit into your life right now?

Time-based

When will you achieve your goal?

S _____
M _____
A _____
R _____
T _____

SMART goal #1:

S _____
M _____
A _____
R _____
T _____

SMART goal #2:
