

SMART Goals Worksheet

Student's Name:

Date:

State Goal:

Complete Each Box

Specific <ul style="list-style-type: none">• What do I want to accomplish?• What is the desired result?• How will I do it?	
Measurable <ul style="list-style-type: none">• How can I measure the progress?	
Attainable/Achievable <ul style="list-style-type: none">• What skills do I need?• What resources do I need?• Is the goal within my reach?	
Realistic <ul style="list-style-type: none">• Is the goal realistic?	
Time-bound <ul style="list-style-type: none">• What is the deadline?• Is the deadline realistic?	

What challenges might you face and how will you overcome them?

Goal Progress Review:

Date:

How well did you manage to reach the goals?