

SMART GOAL BOARD

Designed by: _____

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SETTING SMART GOALS

Use these tips for guidance as you complete your folder.

S

Specific

Your goal should be specific and answer the 6 "W" questions: who, what, where, when, why, and which

M

Measurable

In order for your goal to be measurable, you need to establish criteria to measuring your progress toward reaching your goal.

A

Attainable

Set a goal that is meaningful to you. Goals that are most important to you are more likely to be set, visualized, and brought to life.

R

Realistic

To be realistic, a goal must represent an objective toward which you are both willing and able to work.

T

Time-Bound

Your goal needs to be set for a specific time frame. Instead of saying "eventually", give yourself a specific date, like May 1st.



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Goals for this **SCHOOL YEAR**

Brainstorm a list of ideas that you would like to achieve during this school year.



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SHORT TERM GOALS

Set at least five (5) SMART short term goals that are attainable within the school year. You will be tracking these goals throughout the year.



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LONG TERM GOALS

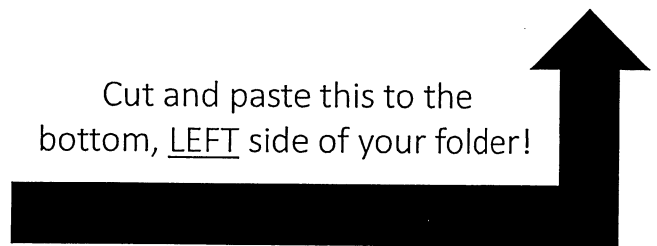
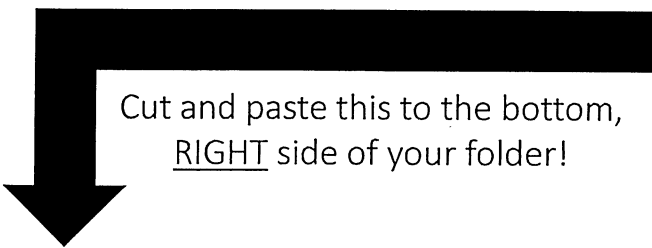
Set at least five (5) SMART long term goals that are attainable within the school year. You will be tracking these goals throughout the year.



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MY PLAN OF ACTION

Write a summary of your plan of action to reach your goals within the school year below.



TRACKING GOALS MET

As you meet your goals, write them down here. Don't forget to reward yourself!