**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***SMART Goals Think Sheet***

**Directions:** Start making SMART goals for yourself by using the SMART Goals Think Sheet.

|  |
| --- |
| **Specific:** What exactly do you want to accomplish? What actions will you take to achieve this?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Measurable:** How will you measure your success? What data may help you know you’ve reached your goal? What will you be able to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Attainable:** Is your goal doable? Do you need support to achieve your goal? From whom? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Realistic & Relevant:** How does your goal support you in your broader goals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Time-bound:** How long do you need to achieve your goal? Is this a reasonable timeline?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**SMART Goals Feedback Cheat Sheet**

**Directions:** You, your Dean, or your advisor can use the Feedback Cheat Sheet below to see how SMART your goal is. Use the examples listed to help you revise your goal to make it even SMARTer.

|  |  |
| --- | --- |
| **SMART Goal Component** | **You have written a SMART Goal if your goal…** |
| **Specific** | * Explicitly states what will be accomplished.
* Includes specific actions that need to be taken to reach the goal.

*Example*: Instead of “I will control my reactions,” a more specific goal would be “I will have calmer reactions to my teachers and peers **by counting down from 5 and breathing** before saying anything.”  |
| **Measurable** | * Includes a way to measure the goal.
* Is possible to maintain and monitor.

*Example*: To make the goal above measurable, add: “I will have calmer reactions to my teachers and peers by counting down from 5 and breathing before saying anything. **I will know I’m successful when I have 0 referrals to the Dean for 2 weeks**.” |
| **Attainable** | * Is challenging, but your goal is within reach and possible.

 *Example:* Instead of “I will never have a negative response to a teacher or peer again,” a more attainable goal would be “I will not have a negative response to a teacher or peer for the **next two weeks.** I will achieve this by practicing how to respond with my counselor, and I will know I’m successful by…”  |
| **Realistic & Relevant** | * Is tied to a larger goal or vision of yours.
* When combined with other short-term, SMART Goals, allows you to reach your larger goal.

*Example:* A goal about your behavior supports your ability to be engaged in class, earn a high score in class, and ultimately progress to the next grade.  |
| **Time-bound** | * Has a clear time for when the goal will be accomplished,
* And the timeline is reasonable and allows for consistent celebration of success.

*Example:* While the goal “I will never have a negative response to a teacher or peer again,” is hard to reach, it is also not time-bound. This means there are minimal opportunities for celebration along the way. Instead, a goal like ““I will not have a negative response to a teacher or peer for the **next two weeks,**” allows you to evaluate your success every two weeks and celebrate! |