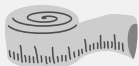


Name: _____ Date: _____

SMART Goals *For kids!*



Specific - Explain in detail: Who? What? Where? Why? When? How?



Measurable - How to measure your goal: How much? How many?



Achievable - What steps are you going to take to achieve this goal?



Relevant - Is your goal realistic?



Timely - Set a time frame for when you want this goal to be accomplished.

Now it's your turn to make a SMART goal that you would like to achieve this year. Please reference the descriptions above as you fill in the blanks below.



My Goal:

My goal is to _____
STATE YOUR GOAL

by _____ I will _____
DATE HOW YOU'LL ACHIEVE IT

_____ to meet my goal.

Name: _____ Date: _____

Use the following sheet to guide you through the steps of making SMART goals.



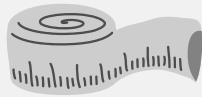
Specific



What exactly is the goal you want to accomplish?



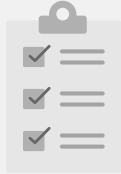
Measurable



How will you track your progress?



Achievable



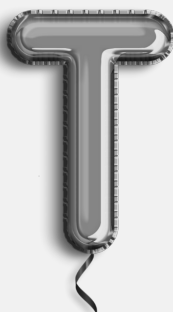
Plan how you can achieve the goal.



Relevant



Why do you want to accomplish this goal?



Timely



When can you achieve this by?
