Name: Teacher:

Ready, Set, Goal!!!

Create your own SMART goal to works towards and achieve!

*Specific, Measurable, Action, Relevant, Timely*

**Step 1:** Think of your goal and write it down.

The goal that I want to achieve is:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How is this goal going to help you? Why is it important to you?

When will I reach this goal?

**Step 2:** Create a plan that includes everything you need to do.

To reach this goal I will need to:

1.

2.

3.

4.

5.

6.

**Step 3:** Think of challenges you may face and how you will overcome them.

Some challenges I may face:

|  |  |
| --- | --- |
| Challenge: | I will conquer it by….. |
|  |  |
|  |  |
|  |  |

**Step 4:** Stick to it don’t give up!!

If I feel like giving up I will tell myself……

**Step 5:** Reach Goal!!!

When I reach this goal I will feel

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I will have grown as a person because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.