

# SMART Goals

Name: \_\_\_\_\_

Having goals is great. It can even be easy to set goals! But achieving them takes thought and effort. Making sure your goals are SMART helps you achieve what you want in life!

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Do well in Math.             | <input checked="" type="checkbox"/> _____ |
| <input checked="" type="checkbox"/> Get healthy.                 | <input checked="" type="checkbox"/> _____ |
| <input checked="" type="checkbox"/> Bank \$500,000 a month.      | <input checked="" type="checkbox"/> _____ |
| <input checked="" type="checkbox"/> Become a rock star.          | <input checked="" type="checkbox"/> _____ |
| <input checked="" type="checkbox"/> Finish my Halloween costume. | <input checked="" type="checkbox"/> _____ |

Your turn! Read the following goals and change them into SMART goals using the guidelines and examples above.

*Do well in school.*                   ⇒ \_\_\_\_\_

*Get a job.*                            ⇒ \_\_\_\_\_

*Work out more.*                   ⇒ \_\_\_\_\_

*Save enough for  
post-secondary education.*    ⇒ \_\_\_\_\_

*Finish application for  
post-secondary.*                ⇒ \_\_\_\_\_

*Win an Oscar.*                    ⇒ \_\_\_\_\_

**Goal Tasks: How will you achieve your goal?**

Get 80% in Math.                   ⇒ \_\_\_\_\_

Exercise for 30 minutes twice a  
week.                                ⇒ \_\_\_\_\_

Bank 10% of my monthly  
income.                              ⇒ \_\_\_\_\_

Learn how to play guitar.        ⇒ \_\_\_\_\_

Finish my Halloween costume.    ⇒ \_\_\_\_\_

Your turn! Read the following goals and write down specific tasks for them using the guidelines and examples above.

Find a part-time job for the summer.      ⇨ \_\_\_\_\_

Volunteer 3 hours per week.      ⇨ \_\_\_\_\_

Save at least \$1000 by September.      ⇨ \_\_\_\_\_

**Now, make it about YOU.**

- 1) Set **2 goals** (one academic, one personal).
- 2) Make sure they are **SMART**.
- 3) List **1 task** that will help you reach each goal.

**Goal 1 - Personal:**

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Specific:	
Measurable:	
Achievable:	
Realistic:	
Timely:	

Task:

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**Goal 2 - Academic:**

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Specific:	
Measurable:	
Achievable:	
Realistic:	
Timely:	

Task:

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**How will achieving these goals help you in life?**

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