

SMART Goal Sheet

Turn a wish into a plan you can check

Name: _____ Class: _____ Date: _____

Teacher: _____ Subject: _____

My goal in one sentence

S

Specific

What exactly will I do?

M

Measurable

How will I know I did it? What number or proof will I have?

A

Achievable

Can I do this with my time and help? What might get in the way?

R

Relevant

Why does this goal matter to me?

T

Time-bound

When will I finish? What is my deadline?

My first three steps

1. _____
2. _____
3. _____

Check-ins: ☐ _____ ☐ _____ ☐ _____ ☐ _____