

# SMART Goals Worksheet

Student's Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Educational Goal:** \_\_\_\_\_

*Complete Each Box*

<b>Specific</b> <ul style="list-style-type: none"><li>• What EXACTLY do you want to accomplish?</li><li>• What is the desired result? (who, what, when, why, how)</li></ul>	
<b>Measurable</b> <ul style="list-style-type: none"><li>• How will you know when you accomplished the goal?</li><li>• How can you measure progress?</li></ul>	
<b>Attainable/Achievable</b> <ul style="list-style-type: none"><li>• What steps do you need to take?</li><li>• What skills are needed?</li><li>• What resources are necessary?</li></ul>	
<b>Relevant</b> <ul style="list-style-type: none"><li>• What are the personal and academic benefits?</li><li>• What qualities that make a goal worthwhile; is this goal worth working hard to accomplish?</li></ul>	
<b>Time-bound</b> <ul style="list-style-type: none"><li>• What is the deadline? When will it be accomplished?</li><li>• Is the deadline realistic?</li></ul>	

***What barriers will you face to achieve your goal and how will you overcome them?***

# SMART Goals Worksheet

## ***Career Goal:***

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<b>Specific</b> <ul style="list-style-type: none"><li>• What EXACTLY do you want to accomplish?</li><li>• What is the desired result? (who, what, when, why, how)</li></ul>	
<b>Measurable</b> <ul style="list-style-type: none"><li>• How will you know when you accomplished the goal?</li><li>• How can you measure progress?</li></ul>	
<b>Attainable/Achievable</b> <ul style="list-style-type: none"><li>• What steps do you need to take?</li><li>• What skills are needed?</li><li>• What resources are necessary?</li></ul>	
<b>Relevant</b> <ul style="list-style-type: none"><li>• What are the personal and academic benefits?</li><li>• What qualities that make a goal worthwhile; is this goal worth working hard to accomplish?</li></ul>	
<b>Time-bound</b> <ul style="list-style-type: none"><li>• What is the deadline? When will it be accomplished?</li><li>• Is the deadline realistic?</li></ul>	

***What barriers will you face to achieve your goal and how will you overcome them?***

# SMART Goals Worksheet

## ***Personal/Social Goal:***

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<b>Specific</b> <ul style="list-style-type: none"><li>• What EXACTLY do you want to accomplish?</li><li>• What is the desired result? (who, what, when, why, how)</li></ul>	
<b>Measurable</b> <ul style="list-style-type: none"><li>• How will you know when you accomplished the goal?</li><li>• How can you measure progress?</li></ul>	
<b>Attainable/Achievable</b> <ul style="list-style-type: none"><li>• What steps do you need to take?</li><li>• What skills are needed?</li><li>• What resources are necessary?</li></ul>	
<b>Relevant</b> <ul style="list-style-type: none"><li>• What are the personal and academic benefits?</li><li>• What qualities that make a goal worthwhile; is this goal worth working hard to accomplish?</li></ul>	
<b>Time-bound</b> <ul style="list-style-type: none"><li>• What is the deadline? When will it be accomplished?</li><li>• Is the deadline realistic?</li></ul>	

***What barriers will you face to achieve your goal and how will you overcome them?***