

# Smart Goals Worksheet



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

Date: \_\_\_\_\_

## SMART:

**Specific, Measurable, Attainable, Realistic, and Timely.**

This worksheet can be used to develop clearly defined, effective goals.

### SPECIFIC

S

What am I going to do?  
Why is this important to do at this time? What do I want to ultimately accomplish? How am I going to do it?

### EXAMPLES

Goal: Develop rewarding and supportive relationships  
I will make friends with 2 people (who I like but don't know very well) in a new club I joined. I will ask them to hang out after school by the end of the year.

Goal: Improve soccer skills  
I will practice soccer three times per week for an hour for the next 6 months, so I will have increased endurance and speed by the time I try out for the June soccer league.

M

### MEASURABLE

How will I know I have reached my goal?

Goal: Develop rewarding and supportive relationships  
I will have gotten to know two people in the club by the winter quarter and asked them to hang out outside of school at least 2 times by the end of the spring quarter.

Goal: Improve soccer skills  
I will mark each time I practice soccer on my calendar to keep track.

A

### ATTAINABLE

Can I see myself achieving this goal?  
Can I break it down into manageable pieces?

Goal: Develop rewarding and supportive relationships  
I will start a conversation with these 2 people over the next three weeks, and get to know these 2 people by the end of the winter quarter.

Goal: Improve soccer skills  
I will practice soccer after school and after homework is completed 3 times per week for the next 6 months. I love playing soccer, so I will use this as fun time after school/ schoolwork! I feel pretty confident that I can do this.

R

### REALISTIC

Is the goal too difficult to reach? Too easy?

Goal: Develop rewarding and supportive relationships  
I will initiate conversations with these 2 people over the next 3 weeks, and get to know them by the end of the winter quarter.

Goal: Improve soccer skills  
I should be able to reach this goal given the amount of time I have.

T

### TIMELY

What is my target date for reaching my goal?

Goal: Develop rewarding and supportive relationships  
I will initiate conversations with these 2 people over the next 3 weeks, and get to know them by the end of the winter quarter.

Goal: Improve soccer skills  
The tryouts for the team are in the beginning of June and it is currently December.