SMART goal worksheet

Turn a wish into a goal you can plan, check and finish.

Name _____ Date _____

My goal in a few words: _____

S — **Specific** What exactly will I do? Where, when and with whom?

M — **Measurable** How will I know I am making progress? What will I count?

A — **Achievable** Can I do this with the time and help I have? What do I need?

R — **Relevant** Why does this goal matter to me right now?

T — **Time-bound** When will I start, when will I check, and when will I finish?

My SMART goal in one sentence

SMART goal worksheet: a worked example

Turn a wish into a goal you can plan, check and finish.

Name _____ Date _____

My goal in a few words: Read more

S

Specific What exactly will I do? Where, when and with whom?

Read a chapter book at home for 20 minutes after dinner.

M

Measurable How will I know I am making progress? What will I count?

Tick my tracker each night I read. Aim for 5 ticks a week.

A

Achievable Can I do this with the time and help I have? What do I need?

Yes, if I choose a book I like from the class library on Mondays.

R

Relevant Why does this goal matter to me right now?

I want to finish the series my friend loves so we can talk about it.

T

Time-bound When will I start, when will I check, and when will I finish?

Start on Monday, check every Friday, finish by the end of March.

My SMART goal in one sentence

I will read for 20 minutes after dinner on 5 nights a week, ticking my tracker, until the end of March.