



SMART Goal Starter for Students

SMART goals aren't just for grown-ups! Young people can also set goals that are specific, measurable, achievable, relevant, and time bound. Use this guide to show students how and get them started. **Hint:** Post the graphic below as an ongoing reminder about setting SMART goals.



Directions for students: (1) Underline the parts of each example that go with the “SMART part” listed in column 1. (2) Let’s discuss as a group. (3) Practice writing your own real-life goals.

SMART Part	Examples and Practice
 <p>Specific</p>	<p>Is it clearly stated? Does it give details?</p> <p>Vague goal: I’ll learn the national anthem.</p> <p>SMART version: By the end of the month, I’ll be able to sing “The Star-Spangled Banner” from memory.</p> <p>Practice writing your own goal! Make it <i>specific</i>.</p> <p>By _____, I’ll _____</p> <p>_____.</p>
 <p>Measurable</p>	<p>Does it give clues about how you’ll see, count or measure your progress?</p> <p>Vague goal: I’ll study for the math test this week.</p> <p>SMART version: I’ll study the multiplication table 10 minutes a day this week and pass the test on Friday.</p> <p>Practice writing your own goal! Make it <i>measurable</i>.</p> <p>By _____, I’ll _____</p> <p>_____.</p>





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 <p>Achievable</p>	<p>Is it something you can do if you work hard enough?</p> <p>Vague goal: I'll get in better shape than anyone on the planet this year.</p> <p>SMART version: I'll practice each morning so I can do 10 chin-ups and 50 sit-ups during the fitness self-test at the end of this school year.</p> <p>Practice writing your own goal! Make it <i>achievable</i>.</p> <p>By _____, I'll _____</p> <p>_____.</p>
 <p>Relevant</p>	<p>Does it fit with your "big picture" of what you want to do, have or be?</p> <p>Vague goal: I'll try to be nicer to people.</p> <p>SMART example: I'll do at least one kind thing every day this week to prepare me for a job where I help others.</p> <p>Practice writing your own goal! Make it <i>relevant</i>.</p> <p>By _____, I'll _____</p> <p>_____.</p>
 <p>Time Bound</p>	<p>Does it say what your deadline is?</p> <p>Vague goal: I'll take Mom out to eat sometime.</p> <p>SMART version: I'll save enough money from babysitting to treat Mom to dinner at Sal's Salads on her birthday.</p> <p>Practice writing your own goal! Make it <i>time bound</i>.</p> <p>By _____, I'll _____</p> <p>_____.</p>

A goal is a dream with a deadline.
Dream it. Then do it!

