

SPECIFIC

MEASURABLE

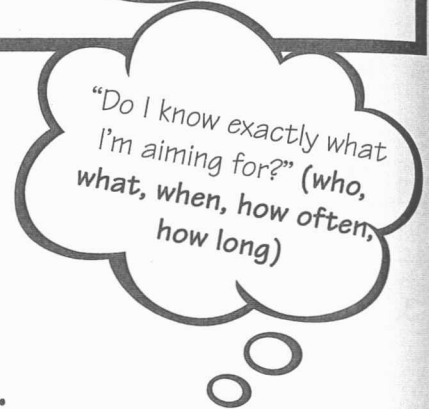
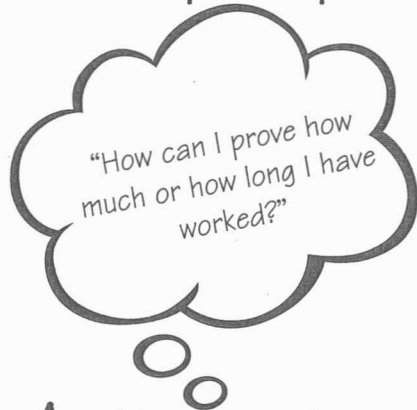
ACCOUNTABLE

REALISTIC

TOTALLY MINE



S = You must have a specific goal & a specific plan. **Ask yourself:**



M = You must be able to measure effort. **Ask yourself:**

A = You must be accountable to yourself & someone else. **Ask yourself:**



R = You must be realistic about how much you can do. **Ask yourself:**

T = You must be totally in charge of the things you need control of. **Ask yourself:**



_____ is S.M.A.R.T. Enough To Set Winning Goals!

Directions: Circle each item on the right (SMART) that describes each goal below.

"I'm gonna bring up all my low grades next six weeks & make all A's!"



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"For the next week, I'm going to ignore my little sister when she starts bugging me. I'm going to ask her to stop & then get up & leave if she doesn't. If I can go 4 days without fighting, I'll be able to have Tom spend the night on Saturday!"



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"My goal is to make Charlie be my friend. I got permission to sit by him at lunch & asked my mom if he could spend the night. I'm even bringing my basketball so he will play with me at recess."



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With your parent, select something you want to improve on & write a personal goal here:

Be sure it's SMART!

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