**SPECIFIC**

**MEASURABLE**

**ACCOUNTABLE**

**REALISTIC**

**TOTALLY MINE**

\[ S = \text{You must have a specific goal & a specific plan. Ask yourself:} \]

"How can I prove how much or how long I have worked?"

\[ M = \text{You must be able to measure effort. Ask yourself:} \]

"Do I know exactly what I'm aiming for? (who, what, when, how often, how long)"

\[ A = \text{You must be accountable to yourself & someone else. Ask yourself:} \]

"Who besides me will I tell about my plan, my progress or the results of my efforts?"

\[ R = \text{You must be realistic about how much you can do. Ask yourself:} \]

"Is this goal too easy or too hard?"

\[ T = \text{You must be totally in charge of the things you need control of. Ask yourself:} \]

"Is this goal within my control, or does it mainly depend on someone else?"

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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!

"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!"

"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."

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

________________________________________

Be sure it's SMART!

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