



# Student **SMART** Goal Planner



# Set a SMART Goal



**Step 1** Identify the **S**pecific thing you want to do.

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**Step 2** Identify the **T**ime it should be done.

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**Step 3** Some things to consider to determine whether your goal is **R**elevant:

- Will it make a positive difference in your life?
- Will pursuing this goal prevent you from doing something that may be more important to you?

Tell why it is relevant. \_\_\_\_\_

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**Step 4** Can you **M**easure the change of where you are now to where you will be when you achieve your goal?

Where are you now? \_\_\_\_\_

Where will you be when you achieve your goal? \_\_\_\_\_

**Step 5** **A**chievable: Looking at your goal, does it seem realistic and worthy of your time and effort to achieve this goal? \_\_\_\_\_

If you answered yes at every step, then you have a **SMART** goal.

Write it here. \_\_\_\_\_

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# Connect Goal to the Rules



**The rules:**

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**My goal:**

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**Rules that connect to my goal and why they connect:**

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# Connect Rules to Concrete Behaviors



The behaviors that I will notice happening so that everyone meets their goal:

Examples:

- Being prepared for class
- Listening quietly while others are talking
- Speaking with a calm tone

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Turn SMART Goal into a Plan



## Small Change Milestones

You see small change milestones along the way as you are working toward your goal. They are evidence that your effort is working.

### Write SMART Goal

Start date: \_\_\_\_\_

### Put in Effort

Things I have to do to achieve my goal:

### Proof That Effort Is Working

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

# Small Change Milestone and Progress Check-In Planner



Dates I will check in on my progress.

Check-In #1 Date

Check-In #2 Date

Check-In #3 Date

Check-In #4 Date

## Did I achieve my milestone?

**Yes**

Which milestone?  
What did I do to achieve it?  
What will I do to stay on course?

Check-In #1

Check-In #2

Check-In #3

Check-In #4

**Congratulations, you're on target  
to achieve your goal!**

**No**

Which milestone?  
What happened?  
What can I do differently?

Check-In #1

Check-In #2

Check-In #3

Check-In #4

**You can get back on track!  
It's time to revise your plan  
so you can achieve your goal.**

# SMART Goal Self-Assessment



**Learning Goal:** \_\_\_\_\_

**Date Set:** \_\_\_\_\_

**Have I Reached This Goal?** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

If you haven't yet reached your goal, what strategies do you think might help you get there (for example: taking notes, partner charts, or graphic organizers)?

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If you have reached your goal, what strategies did you find helpful?

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If you haven't yet reached your goal, what do you see as the obstacles in your way? What could you do to get past them?

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If you have reached your goal, what are some ideas for the next goal you'd like to achieve?

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