My SMART Goal

Turn a wish into a goal you can actually reach. Fill in each letter.

Name: _____ **Date:** _____

My goal idea (the wish): _____

S — Specific

What exactly will I do? Not "do better" but "finish my math homework."

_____

_____

M — Measurable

How will I know I did it? A number, a count or a check mark.

_____

_____

A — Achievable

Is it a stretch but possible? What do I need to make it happen?

_____

_____

R — Relevant

Why does this goal matter to me? (My reason, not someone else's.)

_____

_____

T — Time-bound

By when? Pick a date to finish and a date to check in.

_____

_____

My SMART goal in one sentence:

I will ... by ... and I will know because ...

_____

_____

How much do I want this?

0 1 2 3 4 5 6 7 8 9 10

How sure am I that I can do it?

0 1 2 3 4 5 6 7 8 9 10

If either number is below 6, change the goal until it feels worth it and doable.

I will check my progress on: _____

A grown up who knows my goal: _____

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My Goal Plan

Picture the win, face the obstacle, then plan exactly what you will do.



1. My goal

Copy your SMART goal here.

_____



2. The best outcome

If I reach it, what will be better? How will I feel?

_____

_____



3. My biggest obstacle

What inside me is most likely to get in the way? (Phone, tired, forget, nervous...)

_____

_____



4. My if-then plans

Example: "If I get home and want to grab my phone, then I will put it in the kitchen and start my first problem."

If _____

then I will _____

If _____

then I will _____

If _____

then I will _____

My very first step: _____

When I will start (day and time): _____

Who can help or cheer me on: _____

What I will tell myself when it gets hard: _____

_____

Signed: _____ Date: _____

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My Goal Tracker

Check in every day. Small steps you can see add up.

My goal: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Steps done
Week 1	○	○	○	○	○	○	○	
Week 2	○	○	○	○	○	○	○	
Week 3	○	○	○	○	○	○	○	
Week 4	○	○	○	○	○	○	○	

Color a circle each day you did your step. Use a dot for "tried, not finished."

Weekly check in

Answer these at the end of each week, alone or with your counselor.

What went well this week?

_____

_____

What got in the way?

_____

_____

What will I change next week? (Keep, tweak or swap my plan.)

_____

_____

How close am I? Shade the bar.

start | | | | | | | | | | goal met

When I reach my goal, I will celebrate by:

_____

Goal met on: _____

What helped me most: _____

My next goal: _____

_____

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