

My SMART Goal



Date:

My goal:

Always have a Growth Mindset

I hope to reach this goal by

Strategies, or what I will do to reach my goal (be specific):

CHECK IN- How has my progress been towards meeting my goal?

- I have met my goal
- I have partially met my goal
- I have not met my goal YET

What new strategies can I do if I have not met my goal yet? _____

My SMART Goal Planner

S

SPECIFIC

What EXACTLY do I want to accomplish?

M

MEASURABLE

How will I know when I meet my goal?

A

ATTAINABLE

Is it possible to meet this goal with effort by my timeline?

R

RELEVANT

Is this goal worth working hard to accomplish?

T

TIMELY

What is the deadline I have set to reach this goal?