

Specific	Measurable	Achievable	Realistic	Timely	
S	M	A	R	T	
G	O	A	L	S	
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?	

# S.M.A.R.T. Goals Template

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

**Initial Goal** *(Write the goal you have in mind):*

**1. Specific** *(What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)*

**2. Measurable** *(How can you measure progress and know if you've successfully met your goal?):*

**3. Achievable** *(Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):*

**4. Relevant** *(Why am I setting this goal now? Is it aligned with overall objectives?):*

**5. Time-bound** *(What's the deadline and is it realistic?):*

**S.M.A.R.T. Goal** *(Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):*

## Examples of Goal Setting

1. I will improve my Reading Inventory Lexile score from 850 to 900 by February.
2. I will improve my typing speed from 88 words per minute to 90 words per minute by next Monday.
3. I will meet with Mr. Redman for tutoring one time this week to better understand exothermic reactions.
4. I will be able to describe the elements of a narrative essay by Friday.
5. I will attend after-school homework help two times in the next two weeks.
6. I will remember to turn in 8/10 assignments on time this week. This is an improvement from 6/10 assignments from last week.
7. I will improve my writing score from a 3/5 to a 4/5 on Mrs. Loggins rubric.
8. I will wake up at 6:15a.m. instead of 6:30a.m every day this week to give me time to eat a healthy breakfast before school and arrive on time ready to learn.
9. I will add two notes to my trumpet range by Monday.
10. I will remember to check-in with my teacher before Friday to understand *why* I missed the questions on last week's test.
11. I will read 20 minutes a day Monday- Friday.
12. I will get an 80% or higher on my geography test/ math test/ science test.
13. I will complete my homework and turn it in on time in every class.
14. I will fill in my agenda in every class this week.