# My Goal-Setting Action Plan

Pick one goal for your life after high school. Make it S.M.A.R.T., then plan how you will reach it.

Name _____ · Date _____

My goal is about: ☐ Education ☐ Work ☐ Health ☐ Living

## The goal I want to reach is:

_____

_____

I want to reach it by (date): _____

## Is my goal S.M.A.R.T.? Check each one.

- ☐ **Specific:** it says exactly what I will do.
- ☐ **Measurable:** I can count or check my progress.
- ☐ **Attainable:** I can really do it with the help I have.
- ☐ **Relevant:** it matters for my life after high school.
- ☐ **Timely:** it has a finish date.

## What do I need to do to reach my goal?

_____

_____

## What steps will I take?

1 _____

2 _____

3 _____

## What might get in the way?

_____

_____

## What help do I need, and from whom?

_____

_____

## When will I check my progress?

_____

_____

## How will I know I reached my goal?

_____

_____

## On my finish date

Did I reach my goal? ☐ Yes ☐ Not yet · My next step: _____

**Tips:** Choose a goal that matters to you. Write it down. Share your plan with someone you trust and check in on it often.


Free to print and share · © 2026 Ori Learning