My S.M.A.R.T. Goals

Write one goal for each part of your life after high school. Then check: is each goal S.M.A.R.T.?

Name _____ · Date _____

A S.M.A.R.T. goal is:				
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.

Example

Not S.M.A.R.T. yet
"I want to get a job."

S.M.A.R.T.
"I will apply for 3 part-time jobs at stores near my home by March 1."

Area	My goal	S	M	A	R	T	How will I know?
Education		☐	☐	☐	☐	☐	
Work		☐	☐	☐	☐	☐	
Health		☐	☐	☐	☐	☐	
Living		☐	☐	☐	☐	☐	

Pick a goal with a box left empty. Rewrite it so it is S.M.A.R.T.

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