

This week's strategy: **SETTING A SMART GOAL**
Name _____ Block _____ Date _____

When you make a goal, break it down into parts so that it becomes more manageable. It's better to make several smaller goals that lead to a bigger goal, rather than making one giant goal and then losing motivation.

SMART goals are:

- Specific:** small enough to accomplish
- Measurable:** you can see progress being made (*it's okay if it's happening slowly*)
- Attainable:** you can work on this goal a little bit every day, or every week
- Relevant:** to your life right now (*something helpful, makes your life better, happier*)
- Timely:** something you can achieve within a few months/within the year (*it's good to set a deadline*)

STEPS TO BRAINSTORMING A SMART GOAL

EXAMPLE: To become healthier, I will go for a 10-minute walk outside or indoors every Wednesday until Term End.

General goal

How long

Where

When

Deadline

YOUR TURN:

1. Write down one goal you would like to achieve this school year:

2. Is it specific enough? Yes No *If no, narrow it down: _____
3. When, where, &/or how long (each time) will you work on this goal?

4. What deadline will you give yourself to stick with this goal? _____
5. Why did you pick this goal? (*To remind yourself if you lose motivation*)

6. How will you remember to work on this goal? (*Eg, set a repeating reminder on your phone? Use a free habit tracker app? Make a checklist/sticker chart in your planner? ?*)

7. What is something you can do if you get stuck, or fall behind on your goal?
 - Remind yourself of why you made this goal
 - Visualize yourself working on the goal and reaching it
 - Start again tomorrow
 - Make changes to the goal (shorten the amount of time, frequency, schedule)
 - Find a friend who has a similar goal to motivate/remind each other
 - Other ideas: _____