

Is your goal SPECIFIC?

- Yes No

How will you MEASURE your goal?

Is your goal ATTAINABLE?

- Yes No Maybe

How is your goal RELEVANT? Why is it important to you?

Is your goal TIMELY? Can you complete it by the end of this class?

- Yes No Maybe

If you answered no, by when do you plan to achieve your goal?

SMART Goal for the Week

Now, think about a SMART Goal that you can achieve this week. Ideally, it should be something that you can work on each day that will help you achieve your goal for the Whole Class. What SMART goal would you like to achieve this week?

Is your goal SPECIFIC?

- Yes No

How will you MEASURE your goal?

Is your goal ATTAINABLE?

- Yes No Maybe

How is your goal RELEVANT? Why is it important to you?

How will you feel if you don't accomplish any of your goals for this week?
