

SMART Goals Worksheet

Student Name: _____

Date: _____

1. Presentation: SMART goals are:

S _____

M _____

A _____

R _____

T _____

2. Guided Practice: Write down SMART goals.

SMART Goals are	General Goals	SMART Goals
S _____	Academic: I want to study hard.	
M _____	Physical: I want to be healthy.	
A _____	Financial: I want to buy a car.	
R _____	Professional: I want to get a better job.	
T _____	Social: I want to spend more time with my friends.	