

I AM

(Name)

&

I AM ONE



10,000 *Degrees*[®]

S.M.A.R.T. GOAL SETTING

San Rafael High School
2016-2017

S.M.A.R.T. GOAL SETTING

make your goals **SPECIFIC**



ANSWER WHO/WHAT/WHEN/WHERE _____

HOW WILL YOU REACH THIS GOAL? WRITE 3 ACTION STEPS YOU'LL TAKE

1. _____
2. _____
3. _____

make your goals **MEASURABLE**

I WILL KNOW I HAVE REACHED MY GOAL WHEN: _____

I WILL TRACK MY PROGRESS BY: _____

make your goals **ATTAINABLE**

ITEMS YOU'LL NEED TO REACH GOAL: PEOPLE THAT CAN HELP YOU: PLACES YOU CAN CARVE OUT TIME:

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

make your goals **RELEVANT**

LIST ALL THE REASON WHY YOU WANT TO ACCONPLISH THIS GOAL:

make your goals **TIMELY**

I WILL REACH MY GOAL ON: ___ / ___ / _____

MY HALFWAY MEASUREMENT WILL BE _____

ON ___ / ___ / _____

LIST ADDITIONAL BENCHMARK DATES HERE (&PUT THEM IN YOUR PLANNER):

NOW PUT ALL THE COMPONENTS TOGETHER & STATE YOUR GOAL