Creating Smart Goals

Step 1: First comes the idea that you'd like to change something.
I'd really like to look better.

Step 2: Get specific.
I want to lose weight.

Step 3: Make your goal measurable.
I want to lose 10 lbs.

Step 4: Make a plan of action.
What do you need to do to achieve your goal?

Step 5: Make your goal realistic.
Set a start and finish date.

Step 6: Give yourself a time-frame.

ACTION PLAN

I will ________________
I will ________________
I will ________________
I will ________________
I will ________________

...
Setting S.M.A.R.T. Goals

What's important to me?

Athletics:

Career aspirations:

Academic:

Relationship:

Material wants...

Personal Health:

“I will receive a 90% or higher on my community service project for Life Skills by turning it in on or before the due date: ________.”