**S.M.A.R.T. GOALS WORKSHEET**

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

|  |  |
| --- | --- |
| **INITIAL** | Write the goal you have in mind |
| **GOAL** | Learn a new programming language. |
|  |  |
| **S** | What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal? |
| **SPECIFIC** | I want to be able to use a programming language that isn’t python for coding. I would like to be able to do this by the end of the year. This is my goal because it is useful to know more than one programming language. My teacher needs to be included in this. |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? |
| **MEASURABLE** | I can measure my progress by attempting to use other programming languages. If I can code with a different language and no help, then I have successfully met my target. |
|  |  |
| **A** | Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? |
| **ACHIEVABLE** | I believe that I can obtain the skills required if I do not have them. The motivation for this goal is that it will be useful for a future job. |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? |
| **RELEVANT** | I am setting this goal now because it will help me later in my course when we use other programming languages. |
|  |  |
| **T** | What’s the deadline and is it realistic? |
| **TIME-BOUND** | My deadline is the end of the year. This is realistic because it gives me time to learn and practice. |
|  |  |
| **SMART** | Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed |
| **GOAL** | My goal is to learn a programming language that isn’t python by the end of the year. |

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|  |  |
| --- | --- |
| **INITIAL** | Write the goal you have in mind |
| **GOAL** | Bring a fully charged laptop to school every day. |
|  |  |
| **S** | What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal? |
| **SPECIFIC** | I want to be able to remember to bring my laptop fully charged in case it is needed in a lesson. No one needs to be included in this. I want to do this the entire time I’m on my course. This is a goal because I always want to be prepared in case, I need a laptop. |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? |
| **MEASURABLE** | I know I have successfully met my goal when I have my laptop whenever I need it. |
|  |  |
| **A** | Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? |
| **ACHIEVABLE** | I believe that I have the skills required to achieve the goal. The motivation behind my goal that I don’t like being under prepared. |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? |
| **RELEVANT** | I am setting this goal now because it will help me with my course. If I don’t have my laptop when I need it then it will make doing work harder. |
|  |  |
| **T** | What’s the deadline and is it realistic? |
| **TIME-BOUND** | The deadline for my goal is next month. This is a realistic deadline because it gives me enough time to make my goal a habit. |
|  |  |
| **SMART** | Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed |
| **GOAL** | My goal is to make sure to fully charge my laptop and bring it to college everyday so I can be prepared. |

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| --- | --- |
| **INITIAL** | Write the goal you have in mind |
| **GOAL** | Find the college library. |
|  |  |
| **S** | What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal? |
| **SPECIFIC** | I would like to find the library so I can use it for studying. I want to do this by the end of the week so I know where it is when I need it. |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? |
| **MEASURABLE** | I know I have successfully met my goal when I know where to go to use the library. |
|  |  |
| **A** | Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? |
| **ACHIEVABLE** | I believe that I have the skill required to achieve this goal. My motivation for this goal is to have a place to study when I need to. |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? |
| **RELEVANT** | I am setting this goal now so I would always have a good place to study in the future. It will help me to pass my course. |
|  |  |
| **T** | What’s the deadline and is it realistic? |
| **TIME-BOUND** | My deadline is by the end of next week. This is a realistic deadline because this isn’t a hard task. |
|  |  |
| **SMART** | Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed |
| **GOAL** | My goal is to find the college library so I can study. |

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| **SPECIFIC** |  |
|  |  |
| **M** | How can you measure progress and know if you’ve successfully met your goal? |
| **MEASURABLE** |  |
|  |  |
| **A** | Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? |
| **ACHIEVABLE** |  |
|  |  |
| **R** | Why am I setting this goal now? Is it aligned with overall objectives? |
| **RELEVANT** |  |
|  |  |
| **T** | What’s the deadline and is it realistic? |
| **TIME-BOUND** |  |
|  |  |
| **SMART** | Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed |
| **GOAL** |  |