



Goal-setting Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Goal-setting* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What does SMART stand for in goal setting?

S - _____

M - _____

A - _____

R - _____

T - _____

2. List three things you can do that will make you more successful at reaching your goals.

a. _____

b. _____

c. _____

3. List two trusted adults you could talk to for help in reaching your goals.

a. _____

b. _____