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SMART Goal

Worksheet

Overview

Consider what you have learned this week about using the SMART model for goal setting. The SMART model has the following important elements that must be present for the goal to be considered clear and well-set.

- **Specific:** What needs to be accomplished? Who is responsible? Is the plan of action to achieve the goal clear, or is it too vague and you're unsure where to start?
- **Measurable:** How will you know if the goal has been achieved? What will you measure? A SMART goal will have numbers in it.
- **Achievable:** Can you actually succeed at this goal? Is it doable? A goal should be empowering, not set you up for failure.
- **Realistic:** Is the goal even possible with your skillset and interests? Does the goal fit with your life, schedule, and/or other goals?
- **Time-Related:** What is the timeframe for evaluating the achievement of the goal? Have you allowed too much or too little time?

SMART goals can be set for any area of focus in your life, including academic, career, and personal.

Review the long-term and short-term SMART goal examples below.

SMART Goal Examples

Area of Focus: Personal

Long-Term SMART Goal (Example)

Specific	I want to run a half-marathon.
Measurable	A half-marathon is 13.1 miles.
Achievable	I can gradually increase the distances I run for practice.

Smart Goal For School Psy

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