

Name _____

Date _____



SMART GOALS PLANNER FOR STUDENTS



Instructions Define a specific, measurable, achievable, relevant, and time-bound goal, break it down into actionable steps with assigned deadlines, anticipate obstacles and develop strategies to overcome them, track progress, seek accountability, and regularly review and adjust your goals.

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

**Action
Oriented**

What will you do to achieve it?

R

Realistic

Is it realistic?

T

Time-bound

What is the deadline?