

ShortTerm / LongTerm Goals Worksheet

GREAT GOALS ARE S.M.A.R.T.

Name: _____



GOAL SETTING

Specific
Measurable
Achievable
Realistic
Timely

Example of a GREAT goal:

By the end of my freshman year 2015, I will raise my English grade from a B- to an A. I will accomplish this goal by turning in my homework on time, dedicating more time to my homework, getting extra help on Wednesday morning and taking any retakes necessary.

Example of a BAD goal:

I will do better in math.
I will graduate high school.



NOT specific,
measureable or timely!

* **SPECIFIC** – MAKE IT PRECISE * **MEASUREABLE** – MAKE YOUR MEASUREABLE BY NUMBERS * **ACHIEVEABLE** – SOMETHING YOU CAN ACCOMPLISH
* **REALISTIC** – MAKE IT SOMETHING THIS IS POSSIBLE * **TIME-LINE** – MAKE YOUR GOAL HAVE A TIME LINE OR A TARGET DATE *

SHORT-TERM GOAL

(A SMART GOAL ACHIEVEABLE WITHIN A YEAR & HOW WILL YOU ACHIEVE YOUR GOAL)

LONG-TERM GOAL

(A SMART GOAL ACHIEVEABLE WITHIN A FEW YEARS – MUST BE CAREER FOCUSED AND HOW WILL YOU ACHIEVE YOUR GOAL)