

Goal-Setting Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Goal-Setting Lesson.

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. _____

