

# Goal-Setting Lesson 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 in reaching your goals.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_

