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| --- | --- |
| **Specific**  What exactly is your goal? Be specific! |  |
| **Measurable**  How will you know when you’ve achieved it? How will you measure success? |  |
| **Achievable**  Is it in your power to accomplish this? Do you need help from parents or a teacher? |  |
| **Realistic**  Think about where you are currently, and where you want to be at the end of the week. Is it possible to get there, or is the goal too big? |  |
| **Time-sensitive**  This is a weekly goal, so:  If you started on a Monday, check back in on a Monday to see how you did! |  |

Setting a SMART Goal for the Week