

HELPING YOUR TEEN SET SMART GOALS

A STEP-BY-STEP GUIDE TO HELPING YOUR TEEN
WRITE BETTER GOALS AND ACHIEVE MORE

GOAL ACHIEVED



SMART GOAL WORKSHEET



Use the worksheet below to generate a SMART goal.

SMART GOAL SETTING

ASK THESE QUESTIONS: **Specific** - What is the behavior we want to achieve? **Measurable** - How will you know we've achieved it? **Attainable** - What is the realistic outcome? **Relevant** - Why is this important? **Time Bound** - When will we achieve this by?



Target Goal Date:

STRENGTHS

**WANT MORE
HELP WITH
SMART GOALS?**

Sign up for our 7 Day SMART Goal Setting Course for the full workbook!