

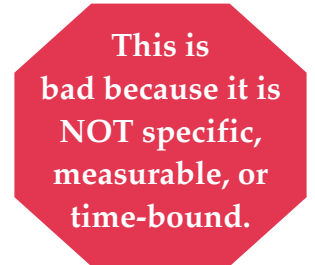
# Short Term / Long Term Goals Worksheet

Great goals are:  
S.M.A.R.T.

- S: Specific
- M: Measurable
- A: Achievable
- R: Realistic
- T: Time-bound

**Example of a GOOD goal:**  
Raise my math grade from 80% to 90% by the end of the semester.

**Example of a BAD goal:**  
Do better in math.



\*\*See back for more information on being S.M.A.R.T.

## MY GOALS

### Short-Term Goal

(something achievable in the next month)

My short-term goal is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Actions to take to achieve my goal:

(1): \_\_\_\_\_  
(2): \_\_\_\_\_  
(3): \_\_\_\_\_  
(4): \_\_\_\_\_  
(5): \_\_\_\_\_

### Long-Term Goal

(something that will take longer than a month)

My long-term goal is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Actions to take to achieve my goal:

(1): \_\_\_\_\_  
(2): \_\_\_\_\_  
(3): \_\_\_\_\_  
(4): \_\_\_\_\_  
(5): \_\_\_\_\_

Here are some more examples to help you set S.M.A.R.T. goals. :-)

**In order to set great goals, they must be:  
S.M.A.R.T.!!!**

S: Specific  
M: Measurable  
A: Achievable  
R: Realistic  
T: Time-bound

**Specific:** Make your goal very precise.

Do not say, "I want to be happy."

Instead say, "I want to plan an activity with friends that makes us all laugh."

**Measurable:** Make your goal one that can be measured with numbers to see if you have hit it.

Do not say, "I want to jump higher."

Instead say, "I want to be able to touch the rim of the basketball hoop."

**Achievable:** Make your goal something you can accomplish.

Do not say, "I want to be as famous as Brad Pitt."

Instead say, "I want to win my school's talent show."

**Realistic:** Make your goal something in the realm of possibility.

Do not say, "I want to fly like a bird."

Instead say, "I want to take aviation classes and learn to fly a plane."

**Time-bound:** Make your goal have a time limit or target.

Do not say, "I will improve in english class."

Instead say, "I will earn an A on a test within one month."

And remember, setting goals can be fun and rewarding. Keep a positive, proactive attitude and you can accomplish more than you ever dreamed possible!