



### Activity: Setting a SMART Goal

Choose a goal you would like to achieve in the next couple of months. Fill out the worksheet below to create your plan for achieving your goal.

Today's Date: \_\_\_\_\_ Target Date: \_\_\_\_\_ Start Date: \_\_\_\_\_

Date Achieved: \_\_\_\_\_

Goal: \_\_\_\_\_

#### Verify that your goal is SMART

**Specific:** *What exactly will you accomplish? (Ex: I will exercise 3 x per week)*

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**Measurable:** *How will you know when you have reached this goal? (Ex.: 3x a week for 2 months)*

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**Achievable:** *Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them? (Ex.: I will run M/W/F after school on the track with my friend Chris)*

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**Relevant:** *Why is this goal significant to your life? (Ex.: I feel better when I exercise)*

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Nevada County Superintendent of Schools  
**Tobacco Use Prevention Education (TUPE)**

**Timely:** *When will you achieve this goal?(Ex.: In 2 months I will run a 5k to complete my goal)*

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**This goal is important because:** (Ex.: I haven't been exercising and know it's good for me)

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**The benefits of achieving this goal will be:** (Getting regular exercise, seeing my friend and reducing my stress)

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**Take Action!**

**Potential Obstacles**

**Potential Solutions**

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**Who are the people you will ask to help you?**

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**Specific Action Steps:** *What steps need to be taken to get you to your goal?*

<b>What?</b>	<b>Expected Completion Date</b>	<b>Completed</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Examples:**

- Raising a grade by one letter. (B to A)
- Making the soccer team.
- Getting a part-time job after school
- Improve health by exercising 3 times a week.
- Getting along better with parents by scheduling a fun activity with them 2x a week.