

S.M.A.R.T Goals and Action Steps Worksheet

Create a S.M.A.R.T. Goal

- **Step 1: Watch this video:** [How to Write a S.M.A.R.T. Goal](#)
- **Step 2: Write down a S.M.A.R.T. goal that you have related to school:**

Specific	What exactly do you want to achieve?	
Measurable	How will you know when you reach your goal?	
Actionable	What resources are needed for you to achieve your goal? Do you have them? If not, how can you get them?	
Realistic	What is the outcome--or change--that you are expecting?	
Time-Bound	When will you achieve your goal?	

Create Action Steps to Achieve Your S.M.A.R.T. Goal!

- Step 1: Watch this video: [One Single Step](#)
- Step 2: Use the grid below to break your S.M.A.R.T. goal down into your next action steps! (Protip: if your action step will take longer than 45 minutes, break it into smaller steps!)



Action step	Time required	When will you do it?

Return to the lesson.

