

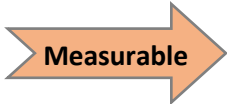
# S.M.A.R.T. Goal Setting Worksheet



## Specific

Compiling all these details allows you to see what's really required to achieve your goal.

- ◆ Who do I need help from?
- ◆ When will I start?
- ◆ Where do I start?
- ◆ What's holding me back?



## Measurable

Create milestones within your SMART goal to track progress.

	Practice Test 1	Practice Test 2	Practice Test 3	Goal
English				
Math				
Reading				
Science				
Composite				



## Attainable

Is your goal realistic? A good goal will make you stretch, but it shouldn't be out of reach.

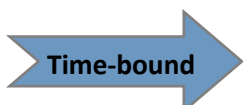
- ◆ Do I believe I can do this?
- ◆ Is this goal achievable?
- ◆ Is it within my power to achieve it?



## Relevant

Consider whether this is worth your time. This helps you determine which path to focus on and where to spend your time.

- ◆ Is this goal worth my time and effort?
- ◆ Is it a priority?



## Time-bound

It must have a timeline and a deadline. Items with deadlines take priority. Items without deadlines get lost in the shuffle.

- ◆ When am I taking the ACT?
- ◆ Are there milestones along the way with their own due dates?
- ◆ Do I need weekly, monthly, or quarterly goals?