

**LESSON HANDOUT****SMART Goal**

Directions: In the GoalStorm box, brainstorm some academic or personal goals you would like to achieve. Choose one goal, and write it on the "SMART Goal" line. Fill in each letter of the SMART acronym to plan how you will achieve your goal.

**GOALSTORM:****SMART GOAL:** \_\_\_\_\_**S**

Specific

**M**

Measurable

**A**

Attainable

**R**

Realistic

**T**

Timely