

## SEL 6-8 Lesson 5

### Worksheet: "S.M.A.R.T. Goals"

Name: \_\_\_\_\_

Directions: Create 1-2 long term goals using the organizer below.



What exactly do you want to accomplish?

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How will you know when you meet your goal?

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What actions will you take to make sure you achieve this goal?

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How is this meaningful to your overall aspirations?

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What is the deadline to meet this goal?

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When I complete this goal I will reward myself with...

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