



SMART GOAL WORKSHEET

The Girls Leadership Network

S

Specific

What is the outcome?

M

Measurable

How will you know you have reached your goal?

A

Attainable

How will you achieve your goal?

R

Relevant

Why is this a goal for you?

T

Timed

When do you want to reach your goal?

YOUR GOAL

Example: I WILL raise my math grade by 10 points on the next test by studying with a tutor so that I can go to math camp.