

## **Assignment #8** **SMART Goals**

Think about any goal that you would like to achieve, then type and/or complete the following assignments on your own paper:

### **SMART Goal Paper**

#### **Specific**

**Who –**

Who is involved with you or who can assist you with achieving this goal?

**What –**

What is that you would like to accomplish  
Identify the requirements and the constraints

**Where –**

Where are you going to work on this goal?

**When –**

Set a deadline for achieving this goal.

**Why –**

Why do you want to achieve this goal?

#### **Measurable**

Ask yourself, How Much? How Many? Or how will I know that I have achieved this goal?

Write a paragraph describing your answers to the previous questions

#### **Attainable**

List what the required attitudes, skills, abilities, financial costs are required to achieve this goal?

List your strengths

List your weakness

#### **Realistic**

To be a realistic, you must be able and willing to do what is required to achieve the goal. The harder the goal is, the more motivated you will be to achieve it. Easy goals don't provide for as much motivation.

Write a paragraph about your strengths and weakness and what you need to work on to achieve this goal.

#### **Timely**

What is your deadline: \_\_\_\_\_

Be specific on when you achieve your goal. If you believe you can do it realistically, then you will have more of a sense of urgency and motivation to work towards your goal.

### **Foot Print Page:**

Draw a foot or a shoe on a piece of paper. On that foot/shoe:

List where you were ten (10) years ago.

List where you were five (5) years ago.

List where you see yourself in five (5) years and in ten (10) years from now.

List what kinds of thing you will have to do to complete these goals.

Write a paragraph about what characteristics you would like your high school classmates to remember about you at your 20 Year High School Reunion.

### **Self-Contract Page:**

Write out a contract to yourself. Include a review of your SMART Goal or another Lifetime Goal:

What is the number one SMART or Lifetime goal you would like to accomplish?

What is your plan and timeline for achieving this goal?

What are some barriers that might come up to hold you back from reaching your goal?

What resources and/or people will help you eliminate the barriers from reaching your goal?

How will you evaluate your progress toward your goal?

What will be your reward for achieving this goal?