

# S.M.A.R.T GOAL

Parent/Guardian's Name: \_\_\_\_\_ Staff's Name: \_\_\_\_\_

<p><b>Specific:</b> <i>What do I want to accomplish? Goal is precise, clear and well defined.</i></p>	<p><b>My goal is:</b></p>		
<p><b>Measurable:</b> <i>How will I measure my progress? How will I know when the goal is accomplished? <b>Quantify your goal.</b> Include precise numbers, amounts representing your goal.</i></p>	<p>1.</p> <p>2.</p>		
<p><b>Attainable (able to reach):</b> <i>What are the steps I need to take? List action steps necessary to reach your goal.</i></p>	<p><b>To reach my goal, I will do these two things:</b></p> <p>1.</p> <p>2.</p>	<p><b>Staff will help me with:</b></p> <p>1.</p> <p>2.</p>	
<p><b>Relevant:</b> <i>Why is it important to me? Goals should be relevant to the direction you want your life and career to take.</i></p>	<p><b>It is important I achieve this goal because:</b></p>		
<p><b>Timely:</b> <i>Your goal must have a deadline. What can I do in 3-6 months?</i></p>	<p><b>My target date is:</b></p>		

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OUTCOME:  Goal Completed     Other: \_\_\_\_\_     Explanation: \_\_\_\_\_

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date