

## SMART Goal Planner

Goal setting is an important method of:

- Deciding what's important for you to achieve.
- Motivating yourself.
- Building self-confidence.

**SMART** goals are goals that are placed within the context of your wider ambitions and your perceived life's purpose. It's all relative what it means for a goal to be relevant; therefore, you have to look within yourself and ask if the goal that you are setting really matters to you. Think of your 5-10 year plan and work backwards. What do you need to do to at this time of your life to help you achieve your 5-10 year plan? ***We realize that 13–19 year olds may not know the answers to all of these questions! However, working on these types of questions will help you approach planning your coursework at CHS and allow you to gather information/prepare for your future endeavors!***

**My goal after high school...**

**My career goals...**

**My life in 5 years...**

**My life in 10 years...**

**Questions for parents & students to consider:**

Long-term planning:

What type of education is required after high school to reach my career goals?

What are the different pathways to reach my career goals and what type of financial costs are associated with each pathway? (e.g., community colleges, state colleges, private colleges, armed services, work, etc.)

What is the job market for my particular career goal; what's the average starting salary for this career?

How can I save money and/or find ways to help finance my education after high school?  
*(Upperclassmen should be thinking about how they will pay for college and/or avoid high college debt – researching options and having a plan and backup plan can help avoid unnecessary costs; here are some websites to start this process: <https://collegescorecard.ed.gov/> and <http://www.nj.gov/education/cte/resources/tools/college.htm>)*

What is my backup plan?

What are my current strengths and what do I still need to work on regarding my academic record?

Planning my pathway in high school to prepare me for my long-term goals:

Which high school courses will prepare me for my post-secondary goals?

Which elective courses are of personal interest to me?

How will I balance my school work with my other interests/commitments outside of the school day?

What am I really passionate about? What clubs/activities/employment opportunities do I want to participate in?

What are the opportunities and time commitments for clubs/activities that are of interest to me?

How can I develop skills outside of the classroom? (e.g., leadership, confidence, work experience etc.)

How will I maintain a healthy lifestyle while balancing my time for my school work and other activities that are important to me?

What do I need to do/improve to help me reach my academic goals during high school?

Which adults in my life can assist me reaching my goals and how do I ask for help when needed?

How am I networking with adults within the school, community and my personal life to assist me in reaching my goals?

**SMART Goals:** *Specific, Measurable, Attainable, Realistic & Relevant, Time-Bound*

*When thinking about your goals, try to make sure the goal is specific, measurable, attainable, realistic and time bound. It often helps to write out your SMART goals and display it where you can see the goal every day.*

Action Steps	Coaching Questions	Actions-Comments
<b>Specific</b>	Is the goal important to you? Does the goal state exactly what you want to achieve? How is the goal aligned to your 5 year plan? Can you articulate more clearly what you are trying to do? Can you summarize this in one thought? Refine that thought. Can you summarize a bottom line in a specific manner?	
<b>Measurable</b>	How will you know that you achieved your goal? How will you track your progress? Can you quantify or put numbers to measure your progress and the final outcome? What affect will your goal have on your 5-10 year plan?	
<b>Attainable</b>	Is your goal challenging, yet attainable? What steps will you take to achieve your goal? Is the goal dependent on someone else? Can you rephrase the goal so it only depends on you and not others? Are there any things that would prevent you from accomplishing your goal?	
<b>Realistic &amp; Relevant</b>	What about your goal makes it important to you? How will this goal aid you in achieving your long-term goal? Is the goal in alignment with your 5 and 10 year plan? How does this goal fit into your life now? Are the steps to achieve your goal realistic? Are you committed to working toward this goal? What behaviors will you have to establish in order to reach this goal?	
<b>Time-Bound</b>	When will you start working toward this goal? Can you accomplish this in 45 days and/or 90 days? How long will it take you to create a sustainable habit in this area? Did you accomplish this goal? Why or why not?	

***Action without vision is only passing time, vision without action is merely day dreaming, but vision with action can change the world – Nelson Mandela***