**Education & Careers - SMART Goal Worksheet**

1. Think about areas of improvement or growth in one of the following areas and describe what you would like to improve:

* School
* Sports
* Hobbies
* Work
* Family

1. Present 2 or more goals that will enable improvement or growth in the above area, and give each goal the S.M.A.R.T. check.

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1. Choose 1 of the above goals and write down 3 or more tasks required to reach the specific goal.

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**Tasks: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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