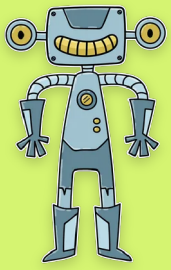
SEL · GOAL SETTING · GRADES 3–5

Make It a SMART Goal

Match the five letters of a SMART goal to their meanings, find the SMART goals and write your own.

Name: _____ **Date:** _____



Draw a line from each letter to what it means.

S: Specific	It is hard but possible for you.
M: Measurable	It says exactly what you will do.
A: Achievable	It has a date to finish by.
R: Relevant	You can count or check it to see your progress.
T: Time-bound	It matters to you and your life.

Is it a SMART goal? Circle one.

I will get better at soccer.	SMART	Not yet
I will practice 20 soccer kicks after school every day for two weeks.	SMART	Not yet
I will read 4 chapter books by the end of March.	SMART	Not yet
I will be the best at everything.	SMART	Not yet

My SMART goal: I will _____

How I will measure it: _____

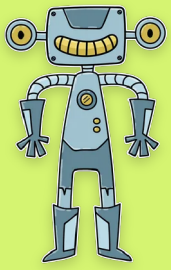
I will finish by: _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: Make It a SMART Goal

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each letter to what it means.

S: Specific	It says exactly what you will do.
M: Measurable	You can count or check it to see your progress.
A: Achievable	It is hard but possible for you.
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Is it a SMART goal? Circle one.

I will get better at soccer.	SMART	**Not yet**
I will practice 20 soccer kicks after school every day for two weeks.	**SMART**	Not yet
I will read 4 chapter books by the end of March.	**SMART**	Not yet
I will be the best at everything.	SMART	**Not yet**

My SMART goal: I will _____

How I will measure it: _____

I will finish by: _____

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