**SMART Goals  
Specific  
Measurable  
Action-Oriented  
Realistic  
Time-Based**

A. Read each one of the goals. Put a check-mark in each box if you think the goal meets each requirement.

B. Re-write all the goals so that they are SMART goals.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Goal:** | **S** | **M** | **A** | **R** | **T** |
| 1. I want to buy a big new house this summer. |  |  |  |  |  |
|  |  |  |  |  |  |
| 2. I want to improve my listening. |  |  |  |  |  |
|  |  |  |  |  |  |
| 3. I want to learn how to sing. |  |  |  |  |  |
|  |  |  |  |  |  |
| 4. I want to lose 30 pounds this month. |  |  |  |  |  |
|  |  |  |  |  |  |
| 5. I want to find a new job. |  |  |  |  |  |
|  |  |  |  |  |  |
| 6. I want to earn $100,000 a year. |  |  |  |  |  |
|  |  |  |  |  |  |
| 7. I want to teach my daughter to read in my own language. |  |  |  |  |  |
|  |  |  |  |  |  |
| 8. I want to run a 5km race. |  |  |  |  |  |
|  |  |  |  |  |  |
| 9. I want to go on a vacation to Mexico. |  |  |  |  |  |
|  |  |  |  |  |  |
| 10. I want to go back home to visit my family. |  |  |  |  |  |
|  |  |  |  |  |  |
| 11. I want to buy a new car. |  |  |  |  |  |
|  |  |  |  |  |  |
| 12. I want to re-decorate my house this year. |  |  |  |  |  |

C. On the other side of the page, please write at least 3 of your own goals.