

# Dinosaur SMART Goal Worksheet

Set a smart goal and make it happen!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## My Big Goal

\_\_\_\_\_  
\_\_\_\_\_

### Specific

What exactly do I want to do?

S

\_\_\_\_\_

### Measurable

How will I know I did it?

M

\_\_\_\_\_

### Achievable

Can I really do this?

A

\_\_\_\_\_

### Relevant

Why does this matter to me?

R

\_\_\_\_\_

### Time-bound

When will I finish?

T

\_\_\_\_\_

