

Goal Setting Worksheet

Student Name: _____

Course / Subject: _____

Date: _____

1) My Main Goal

Write one goal you want to achieve (academic, personal, or skill-based):

My goal:

2) Make It a SMART Goal

S – Specific

What exactly do you want to achieve?

M – Measurable

How will you know you are improving or have succeeded?
(percentage, marks, tasks completed, etc.)

A – Achievable

Is this goal realistic with your time and effort? (Yes / No)
If yes, why?

R – Relevant

Why is this goal important to you or your future?

T – Time-Bound

By when will you achieve this goal?

3 My SMART Goal (Final Version)

Rewrite your goal in one clear sentence:

"I will _____ by _____"