

Goal Setting

What is it that you want to do that you can't do now? (e.g., get a better job, help kids with homework, etc.)

Think about what you listed above. What are you going to do at your adult education center to help you reach this goal? Create a SMART goal that connects your studies here to what you want to do. A SMART goal is Specific, Measurable, Attainable, Relevant and Timely. You should be able to answer the following questions about your SMART goal:

S SPECIFIC • What specifically do you want to do?

M MEASUREABLE • How will you know when you've reached it?

A ATTAINABLE • Is it in your power to accomplish it?

R REALISTIC • Can you realistically achieve it?

T TIMELY • When exactly do you want to accomplish it?

SMART GOAL example: I will be able to better help my kids with their math homework in 60 days by building my math skills in adult education classes, which I will attend two days a week for eight weeks.

Write your SMART goal in the far right "step." Then, write down all the steps you need to take to get to that goal, from left to right. If you need more steps to reach your goal, please draw/write those steps on the back of this sheet.

SMART Goal

STEP 1

STEP 2

STEP 3

STEP 4

SMART Goal