

A goal is something to reach, strive, or work for.

Goals provide a target of focus for our work.

GOALS

"If you don't know where you are going, how can you expect to get there?"

Goals should be S.M.A.R.T.
Specific
Measurable
Action
Relevant

S.M.A.R.T GOALS

Specific

Good goals are clear, precise, and definite. If your goals are too broad, too general, or too fuzzy, they will be hard to achieve.

Measurable

The goal must be written so that you can measure your progress toward it, so you'll know when you've achieved it.

Action

Be prepared to take action to meet your goals.

Realistic

Make sure that your goal is not too difficult or too easy. Think about the steps you will have to take to achieve the goal.

Timely

The goal should have a definite timeline.

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S.M.A.R.T. Goals Explanation

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EXAMPLES AND NON EXAMPLES

Cut out and sort the goals into two groups: examples of S.M.A.R.T. goals
non examples of S.M.A.R.T. goals. Glue each goal down in the correct
column.

Example	Non Example

Cut out each of the goals and glue underneath
either example or non example of a S.M.A.R.T. goal.

I will be good at reading.

I'll read at home for 3 hours
every day.

I'll read at home for 20 minutes
each night.

I'll make good grades.

I will score 1,000 AR points in
February.

I will read 10 chapter books by
the end of the year.

I'll score a 90% or higher on all of
my work for the month of
January.

I will score 10 AR points in
February.

I will turn in my homework on time
for the rest of the year.

S.M.A.R.T. Goals Practice Activities

Name _____

FIX the GOALS

Correct the following statements to reflect a S.M.A.R.T. goal.

I want to make good grades.

I will get better at reading.

I will do good on tests.

I will learn my multiplication facts.

I will behave.

Name _____

Date _____

2019 Reflection

Rate yourself in each of the categories below.

	Behavior		
	K	E	A
Follow Rules			
Self Control			
Positive Attitude			
Respectful			
Follows Directions			

	K
Prepared for Class	
Completes Work	
Uses Time Wisely	
Listens	
Follows Directions	

	Academics		
	K	E	A
My Feelings toward reading			
My Feelings toward math			
My Feelings toward social studies			
My Feelings toward science			

Reflection on the Past Year

Explain an accomplishment you are proud of from earlier in the year.

What is something you accomplished that you had to work very hard for?

How did it make you feel to reach your goal?

2020 Goals



Describe 3 different goals you have for the school year.

Goal 1

Goal 2

Goal 3

List three specific strategies to achieve each goal.

Goal 1 Strategies

1. _____

2. _____

3. _____

Which of these will I achieve? Why?



My Action Plan



What is my goal?
How will I know if I'm on track to meet my goal?

Plan	What is my first step in working toward my goal?
	What is something I will do differently?
Act	What happened? Did I achieve my goal?
	Did I follow my plan?
Reflect	What was the result of my action?
	What could I do differently next time?

Goal Planning for the New Year



Bulletin Board Display



2020 foldable

Happy New Year

2

What are two things you are thankful for?

0

What is a bad habit you would like to break?

2

What are two most important things you want to do in the new year?

Name _____

NEW YEAR ACROSTIC

New Year Writing Activities

Name _____

New Year Diamond

_____ last year

adjective

adjective

verb

verb

verb

noun

noun

noun

noun

verb

verb

verb

adjective

adjective

_____ this year

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