



## S-M-A-R-T Goals for Teens

When setting goals it is important that there is logic applied to each one. Many people use the SMART goals method in developing their goals. Using SMART goals ensures that you are identifying complete and achievable goals.

I challenge you to make a list of 2-3 goals that you would like to accomplish in the next 90 days. Give your goals some serious thought so that these are what we call SMART goals.

**S** – Specific (and simple)

**M** – Measurable (how will we know when you've achieved it)

**A** – Action Oriented (what action will you do in achieving this goal)

**R** – Realistic (by your own efforts; goals that you are not dependent on someone else's actions in order to achieve them)

**T** – Time bound (when will you complete it by)

Here are a couple examples:

You might have this goal:

- Find a job after school in a copy center.

Applying the SMART method, define the goal even further:

- Find an after school copy center job (Specific) by completing applications (Action Oriented) at 5 local copy centers (Measurable by the # of local copy centers) by June 1<sup>st</sup> (Time Bound). Ask yourself, is this Realistic?

You might have this goal:

- Complete my Science project before the due date.

Applying the SMART method, define the goal even further:

- Complete my Science project (Specific) by researching water (Action) for 1 hour each afternoon (Measurable) during the week of 9/14 (Time Bound) so I will have all the data to present prior to the due date of 9/21. Ask yourself, is this Realistic?

If you have any questions, please don't hesitate to ask. Also, when you put some goals together, if you would like me to review them, feel free to e-mail them to me.

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