

SMART Goals Worksheet for Teens

Goal Title: [Enter a brief and clear title for your goal]

Goal Statement: [Write a concise statement describing your goal]

S - Specific

1. What exactly do you want to achieve? _____
2. Who is involved? _____
3. Where will it take place? _____
4. Why is it important? _____

M - Measurable

1. How will you measure your progress? _____
2. What are the specific criteria for success? _____
3. What is the target value or outcome? _____

A - Achievable

1. Is this goal realistic and attainable? _____
2. Do you have the necessary resources and support? _____
3. What are the obstacles, and how will you overcome them? _____

R - Relevant

1. Is this goal aligned with your long-term objectives? _____
2. Does it contribute to your personal growth or well-being? _____
3. Why is this the right time to pursue this goal? _____

T - Time-Bound

1. What is the deadline for achieving this goal? _____
2. Are there any interim milestones or checkpoints? _____
3. How will you stay on track and manage your time effectively? _____

Action Plan:

List the specific actions or steps you need to take to reach your goal.

Include deadlines for each action.

Identify any additional resources or support required.

1. Action: _____

Deadline: _____

2. Action: _____

Deadline: _____

3. Action: _____

Deadline: _____

Progress Tracking:

Set up a method to track your progress regularly.

Specify how often you will review your goal (e.g., weekly, or monthly).

Create a space to record your achievements and setbacks.

My Progress Tracker:

- Week 1: _____
- Week 2: _____
- Week 3: _____
- Week 4: _____

Accountability:

Who will be responsible for ensuring you stay on track?

Will you share your goal with someone for added motivation and support?

Accountability Buddy:

Name: _____

Role: _____

How will they support you? _____

Rewards and Celebrations:

What rewards or incentives will you give yourself upon achieving your goal?

How will you celebrate your success?

My Rewards and Celebrations:

Reward: _____

Celebration: _____

Potential Barriers and Solutions:

List any obstacles or challenges you anticipate.

Develop strategies to overcome these obstacles.

Barriers and Solutions:

1. Barrier: _____

Solution: _____

2. Barrier: _____

Solution: _____

3. Barrier: _____

Solution: _____

Date Created: [Enter the date you created this worksheet]

Target Completion Date: [Enter the date by which you aim to achieve your goal]

Encourage teenagers to work through this worksheet with your guidance, if needed. It can help them develop a clear plan and a sense of ownership over their lives.