

STAR Initiative SMART Goals Worksheet



Name	
Goal	
Date	
Reason this goal is important to me	

Step	Mnemonic	Description
1	<p><u>S</u>pecific Exactly what is it you want to achieve in your personal life? Good goal statements explain: what, why, who, where and when. If your goal statement is vague, you will find it hard to achieve because it will be hard to define success.</p>	
2	<p><u>M</u>easurable You must be able to track progress and measure the result of your goal. Good goal statements answer the question: how much or how many. How will I know when I achieve my goal?</p>	
3	<p><u>A</u>greed Your goal must be relevant to and agreed with all parties; examples could include your teacher, parents, mentee.</p>	
4	<p><u>R</u>ealistic The goal should be realistic and relevant to you. Ensure the actions you need to take to achieve your goal are things you can do and control. Is this goal achievable?</p>	
5	<p><u>T</u>ime-Bound Goals must have a deadline. A good goal statement will answer the question: When will I achieve my goal? Without deadlines, it's easy to put goals off and not accomplish them. As well as a deadline, it's a good idea to set some short-term milestones along the way to help you measure progress.</p>	
6	<p><u>E</u>thical Goals must sit comfortably within your moral compass. Most people resist acting unethically. Set goals that meet a high ethical standard.</p>	
7	<p><u>R</u>ecorded Record your goal and progress towards it. Written goals are visible and have a greater chance of being completed successfully. Recording is necessary for planning, monitoring and reviewing progress. Is your goal written down?</p>	