

MY S.M.A.R.T. GOAL

SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIMELY

Instructions: Goal-setting is a skill that requires thoughtfulness, planning, and acknowledging both your limits and capabilities. One model for effective goal-setting is to create goals that meet the S.M.A.R.T. requirements. Use this worksheet to turn one of your dance wishes into an achievable S.M.A.R.T. goal!

S

MY SPECIFIC GOAL IS...

M

I WILL MEASURE MY PROGRESS BY...

A

MY GOAL IS ATTAINABLE BECAUSE...

R

MY GOAL IS REALISTIC BECAUSE...

T

I PLAN TO REACH MY GOAL WITHIN THIS TIMEFRAME...
