Grade: 6th-8th  
Month: January

**Topic:** Goal Setting  
**Time:** 50-60 minutes

**Lesson Focus:** Creating SMART goals and outlining the action steps that lead to students’ goal achievement.

**Learning Objectives:**
Students will learn about SMART goal making.

Students will write down a goal they wish to accomplish that fits within SMART goal making parameters.

Students will create action steps for achieving their goal.

**Materials Needed:**
- SMART Goal Worksheet
- “Reach for the Stars!” Goal Setting Worksheet
- Writing utensil

**Procedure:** (60 minutes total)
- Handout the S.M.A.R.T. Goal Planning Worksheet - 2 minutes
- **Explain:** Go over each of the letters within S.M.A.R.T. and an example of what that would look like (example/model material provided)
- As you explain, have students begin filling in the blanks with their own S.M.A.R.T. examples on their worksheets - 10 minutes
- **Brainstorm:** Give students an extra 8 minutes to fill in their worksheet - 8 minutes
- **Pair and Share:** Students will turn to their neighbor and share their S.M.A.R.T. goal. Allow time for peer feedback - 5 minutes
- **Regroup:** Ask for a volunteer to share their S.M.A.R.T. goal or reiterate the importance of creating a specific, measurable, actionable, realistic, and timely goal. - 5 minutes
- **Expand:** Hand out the “Reach for the Stars!” worksheet - 2 minutes
- Have students write down their S.M.A.R.T. goal as their “Big Goal”
- Students will then get 10 minutes to brainstorm mini-action goals that can help them achieve their Big Goal. They will use their S.M.A.R.T. Goal Worksheet for reference. - 10 minutes
- **Pair and Share:** Students will share their mini-goals with their neighbor. Allow time for peer feedback. - 5 minutes
- **Brainstorm:** Have students think about the necessary action steps needed to meet their mini-goal. Have them use the S.M.A.R.T. Goal worksheet for reference. They will also be filling in tentative deadlines. - 10 minutes
- **Pair and Share (Final Step):** They will turn to their neighbors to share their goals and mini-goals. Allow time for peer feedback. - 3 minutes
- **Extension:** Ask for volunteers to share their Goal and Action Steps.
S.M.A.R.T. Goals

S - ____________________________
Definition: ____________________________

Example(s):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

M - ____________________________
Definition: ____________________________

Example(s):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

A - ____________________________
Definition: ____________________________

Example(s):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

R - ____________________________
Definition: ____________________________

Example(s):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

T - ____________________________
Definition: ____________________________

Example(s):
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
## S.M.A.R.T. Goals

### S - Specific
Definition: The goal is clear and defined. It isn’t too general or vague.

Example(s):

### M - Measurable
Definition: The goal is something in which progress can be measured.

Example(s):

### A - Achievable
Definition: Your goal can be broken down into smaller goals and/or can be outlined with an action plan.

Example(s):

### R - Realistic/Relevant
Definition: Your goal is relevant meaning that it is IMPORTANT TO YOU! It is also realistic to achieve.

Example(s):

### T - Timely
Definition: Is your goal achievable on a realistic timeline?

Example(s):
“Reach for the Stars!”: Goal Setting

Big Goal: __________________________________________
___________________________________________________

Mini-goal:
_________________________________________________
_________________________________________________
_________________________________________________

Action Steps:  Due Date:
• __________________________________________
• __________________________________________
• __________________________________________

Mini-goal:
_________________________________________________
_________________________________________________
_________________________________________________

Action Steps:  Due Date:
• __________________________________________
• __________________________________________
• __________________________________________

Mini-goal:
_________________________________________________
_________________________________________________
_________________________________________________

Action Steps:  Due Date:
• __________________________________________
• __________________________________________
• __________________________________________

Name: ____________________________________________

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