

Practicing Goal Setting

SMART or Not?

Identify whether or not each of the following goals is SMART.

If the goal doesn't fulfill the SMART criteria, rewrite it so that it does.

Save \$300 to pay off my phone bill.

- SMART
- Not SMART

Meet with my job coach within the next two weeks to get advice on my resume.

- SMART
- Not SMART

Get hired in my dream job by the end of the week.

- SMART
- Not SMART

Attend my friend's birthday party this weekend.

- SMART
- Not SMART

Earn more money.

- SMART
- Not SMART

Setting a SMART Goal

Using the Goal Action Plan, role play setting a SMART goal with no more than three action steps for a fictional participant in the following situation:

- Low-income
- Child recently placed in foster care
- Does not have GED/HiSET
- Has part-time minimum wage job
- Does not have bank account
- Is struggling with substance abuse