

Grit Student Worksheet: Setting S.M.A.R.T. Goals
From "A Bit of Grit" by Amy Lyon

NAME:

DATE:

S.M.A.R.T. GOAL	Describe how your goal fits...	Frustrated? Distracted? What did you do?
Specific – narrow focus		
Measurable – increase/decrease by a certain amount		
Attainable – possible, within reach, sensible, practical		
Relevant – pertains to you, something <i>you</i> want to do		
Time Sensitive – set a specific deadline with checkpoints along the way		

