



## SMART Goals, Part 2

### Materials:

- Worksheet

### Brainstorm

In the previous lesson, we talked about SMART goals and you each set personal goals that you want to achieve before you graduate from high school. Who wants to share a goal they set?

### Discuss

I love hearing about all these SMART goals! At the end of the last lesson, you got the chance to reflect on some goals that you had achieved in the past. What was the goal and how did you achieve the goal? Encourage students to discuss their ideas.

### Dive in!

These are all great ways to achieve a goal. In this lesson, we're going to work on creating an action plan to help us achieve the goals we set. An action plan is a step by step process to make sure we are successful. When you create an action plan, you pick one goal and the steps you need to make it happen, establish a deadline, identify resources you'll need and try to anticipate any obstacles that might get in your way. In the next lesson, we'll also talk about overcoming obstacles on the way to reach our goal, but today we're going to start developing an action plan.

### Activity

Distribute one copy of the worksheet to each student. Instruct students to select one of the goals they want to attain. Ideally, it will be a gain that they can reach within the school year. Then, have students work individually or in pairs to come up with all the steps they need to take to reach their goal, deadlines, and resources needed. (Note: they'll work on obstacles in the next lesson.) Provide students ample time to complete the activity and if time allows, call on volunteers to share their responses.

### Reflect

Have students respond to the prompt at the bottom of the worksheet: What is the first step you will take to achieve the goal you set for yourself?



## High School

**Optional Home Connection** → Have students share their goals with family members to help them stay on track.

### Professional Development

Are there ways you can integrate goal setting into other parts of your classroom instruction?

### For Further Study:

- Colorado Initiative: *Grades 9-12 Goal Setting*:  
[www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf](http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf)
- Positive Psychology: *Goal Setting for Students*:  
[positivepsychology.com/goal-setting-students-kids/](http://positivepsychology.com/goal-setting-students-kids/)
- TNTP: *A Radical Act of Teacher Development*:  
<https://tntp.org/blog/post/a-radical-act-of-teacher-development>