



Try It: Writing a SMART Goal

Read the scenario and complete the table.

Scenario: Maria Sets SMART Goals

It's almost summertime and Maria wants to start planning for the next school year. She knows she'll need extra money for school supplies and clothes when her kids start school near the end of August, now 15 weeks away.

Every year she tries to pull together the money she needs in the weeks right before school starts by picking up extra shifts at her job. It can be stressful because sometimes shifts aren't available.

She remembers spending about \$300 last year on school supplies and clothes. She divided \$300 by 15 (weeks) and realized that's \$20 dollars a week until school starts.



Complete this table:

Ask yourself...	What you know
<p>Specific</p> <p>What does Maria want to accomplish?</p> <p>Why is it important to her?</p>	
<p>Measurable</p> <p>How much money does she need?</p> <p>How will she know when she's met her goal?</p>	

Try It: Writing a SMART Goal *continued*

Ask yourself...	What you know
<p><i>Action-oriented</i></p> <p>What specific actions does she need to complete to meet this goal?</p>	
<p><i>Reachable</i></p> <p>Is this goal something Maria can actually reach?</p>	
<p><i>Time-bound</i></p> <p>When will she reach this goal?</p>	

Using the information above, write a SMART goal for Maria.



Apply It: My SMART Goals

You can use this table to set SMART goals that involve money.

My Goals	Is My Goal...
	<input type="checkbox"/> Specific? <input type="checkbox"/> Measurable? <input type="checkbox"/> Action-oriented? <input type="checkbox"/> Reachable? <input type="checkbox"/> Time-bound?
	<input type="checkbox"/> Specific? <input type="checkbox"/> Measurable? <input type="checkbox"/> Action-oriented? <input type="checkbox"/> Reachable? <input type="checkbox"/> Time-bound?
	<input type="checkbox"/> Specific? <input type="checkbox"/> Measurable? <input type="checkbox"/> Action-oriented? <input type="checkbox"/> Reachable? <input type="checkbox"/> Time-bound?



Remember the Key Takeaway

Setting SMART goals helps you achieve your hopes and dreams for the future by providing a realistic plan to follow.