



Writing SMART Goals

SMART goals help clarify ideas, focus efforts, use time and resources productively, and help you achieve success. Think of each of the letters as pieces of a recipe to help you write the perfect goal!



SPECIFIC

What objective are you trying to accomplish?



MEASURABLE

How will you know you have reached your goal? Be realistic.



ATTAINABLE

What steps do I need to take to reach this goal? What resources do I have to help me?



RELEVANT

Why is this goal important to you as an early childhood educator?



TIME-BOUND

By what date do you want to reach your goal?

Turn the page to practice!



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Example:

Original Goal: "I want to get better at science during Module 3"

Transform to a SMART Goal: "I will get better at science by completing Module 3 "Seeds" (**Specific**) defined by being able to teach multi-day science activities using the best practices of Apply Science Talk (**Measurable**). To do this I will watch the videos on Moodle and review the resources provided by the PEAS Program (**Attainable**). This goal aligns with my role as a teacher to help better prepare children for kindergarten (**Relevant**) and I will complete this goal by the due date of March 1st (**Time-bound**)."

Now try writing your own!



SPECIFIC: What objective are you trying to accomplish?



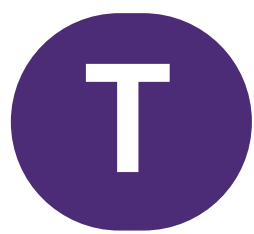
MEASURABLE: How will you know you have reached your goal?



ATTAINABLE: Is goal attainable? What resources do you have the resources to accomplish the goal?"



RELEVANT: Why is this goal important to you as an early childhood educator?



TIME-BOUND: By what date do you want to reach your goal?
