

How To Set SMART Goals

Setting family goals is a great way for family to work together towards a positive outcome. The following are five steps to setting and achieving your goals:

- 1. Set Goals That Motivate You** – Write down why these goals are important to you and/or your family and the value in achieving them.
- 2. Set SMART Goals** – SMART goals are statements of ongoing meaningful outcomes that are: Specific, Measurable, Achievable, Relevant, and Time-bound.
- 3. Put Your Goals in Writing** – Write down your goals and post them in places where you and/or family see them regularly. This turns the invisible into the visible.
- 4. Develop an Action Plan** – We get so focused on the outcome that we forget to plan the steps that are needed along the way. Be realistic with yourself and/or family so you don't fail at reaching your goals.
- 5. Stick to the Plan** – Remember, goal setting is an ongoing activity that must be tracked and reviewed regularly. If something is not working for you and/or your family, make sure to make the necessary changes towards achieving the ultimate goal.

What Will You Accomplish?

SMART Goals Worksheet:

Draft Your Initial Goal:		
	Action Plan	Follow-up Date
Specific: What do you want to accomplish? (Who, what, when, why, how)		
Measurable: How will you measure progress?		
Achievable: What skills or resources are needed?		
Relevant: Is the goal aligned with the results you expect?		
Time-bound: What is the deadline?		
Putting it all together - Final Goal:		

Example, "As stated in the action plan, each family member will contribute towards our family vacation each month and by September 2019 we will go to Disneyland."

Sharing your goals with others you trust is proven to increase the chances of achieving your goals. Please feel free to share and let me know how I can help with any resources needed. You can reach me at **619-427-4411 Ext. 1416** or by email at jordinario@cdasd.org. I know you got this!

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