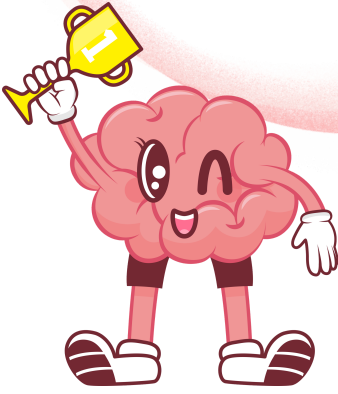
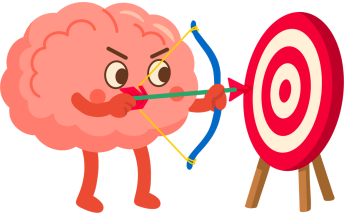


SMART Goal Setting



Using SMART Goal Setting to Foster Personal and Professional Development

Build Growth • Stay Motivated • Handle Challenges

SMART goals help you turn ideas into action.

They also support:

- **A growth mindset** (learning over perfection)
- **Stronger coping skills** (handling setbacks)

My Goal

What is one goal you want to work on?

Make It SMART

- *S - Specific*

What exactly do you want to achieve?

- *M - Measurable*

How will you track your progress?

- *A – Achievable*

Is this realistic for you right now?

- *R – Relevant*

Why does this goal matter to you?

- *T – Time-Bound*

When do you want to achieve this?

Growth Mindset check



Instead of thinking:

“I have to be perfect”

“I can’t fail”



Try thinking:

“I am learning as I go”

“Mistakes help me improve”

Write your growth mindset statement:

Anticipate challenges

What obstacles might come up?

Coping Plan

How will you handle challenges?

- Break tasks into smaller steps
 - Ask for help
 - Take breaks when needed
 - Remind myself of progress
 - Stay flexible and adjust
 - Other: _____
-

Break It Down

List 3 small action steps:

Progress matters more than perfection. Growth happens when you keep going—even when it's hard.

"Small steps lead to big growth."