

Reviewing Our SMART Goals worksheet

Welcome back to our series on Setting Goals! Now that students understand the importance of goal-setting, it's time to learn how to review goals over time to ensure they remain relevant, and to help keep students motivated.

These skills will allow students to continue channeling their time and effort into achieving what they want, and maintain good habits throughout the school year.

Using the worksheet

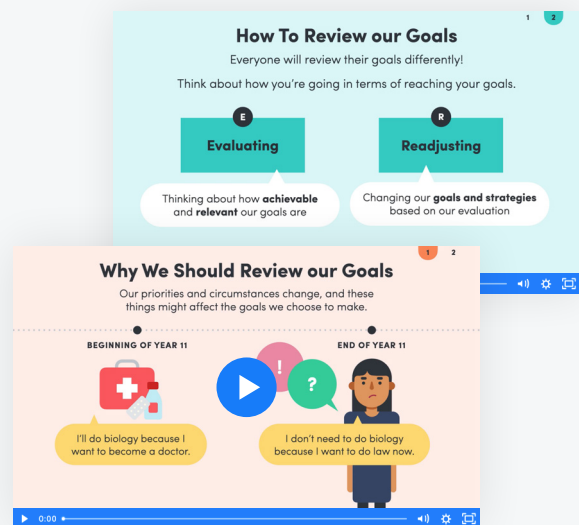
- If you haven't already, follow the steps set out in the *SMART Goals worksheet*, including watching the *Why Goals Matter* video and *How to Write Useful Goals* video.
- Watch the *Reviewing Your Goals for Direction* video to give students an understanding of the importance of reflecting on their goals and adjusting them as required.
- Now, print the *Reviewing Our SMART Goals* worksheet and have students fill it in.

Access the Atomi Setting Goals series

3 videos, 5–7 mins each

To watch these Setting Goals videos, sign up for a **free Atomi teacher account** at getatomi.com, or scan the QR code.

You'll gain access to the full videos, plus more resources to use with your students in class.



To talk to our team about starting a free trial of Atomi with your class, email schools@getatomi.com

Reviewing Our SMART Goals

Name: _____

Date: _____

1. Write down a SMART goal you want to review.

2. Evaluating

How close am I to achieving this goal? Nowhere near ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Already there!

Is it too difficult or too easy? Almost impossible ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Super easy

Is this goal still relevant at this time? Not really ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Definitely

Is there another area I should focus on? _____

What strategies have I been using? _____

Are they helping me achieve my goal? _____

3. Readjusting

What should I aim for? Should my new goal be more or less ambitious?

What strategies can I try to get me closer to achieving my goals?

4. Write an updated goal based on your review.
