



Guide To Creating A Boomerang SMART Goal

A SMART goal is used to help guide goal setting. SMART is an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

SMART Goal Explained

Specific: Well, defined, clear, and unambiguous (**Who, What, When, Where, Why, How**)

Measurable: With specific criteria that measure your progress toward the accomplishment of the goal (**How**)

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your life purpose

Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Examples of SMART GOALS

Academic SMART GOAL: While at Boomerang, I aim to complete 5 missing assignments in my English class by Monday, August 22, 2022

Personal SMART GOAL: While at Boomerang, I aim to learn and use 3 coping skills by Monday, August 22, 2022.

**SMART goals at Boomerang should be achieved by the end of a student's time at Boomerang. **

SMART GOAL TRACKER

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