

Student Name:

Advisory House:

S.M.A.R.T. Goal for the Patterns Cycle

S- Specific: What is it you want to accomplish? Begin with the end in mind:

M – Measured: How often? How long? Schedule?

A – Attainable: What 3 steps will you take to accomplish this goal (What do the steps look like? For example, “Do better in school” is not a step. “Check Aspire twice a week” would be a step.)

- 1.
- 2.
- 3.

R – Relevant: Make sure your goal is related to your success at MMAJH.

T – Timely: This one is done for you! This is a goal that you should be able to obtain before during the patterns cycle.

Write your goal here in one sentence that includes the specific goal, how it will be measured, and the three steps you will use to achieve it.