

Goal Setting

Goal setting is an important part of the youth experience. This is something that you should do during the first week of the program and then revisit the goal throughout. Check in with the young person and ask him/her what steps have been taken to meet the goal and what challenges they have encountered.

Set a **SMART** goal (Specific, Measurable, Action-Oriented, Realistic, Time-Limited)

Goal:

Is this goal...

Specific: ___ yes ___ no, it's too general.

Measurable: (*How?*)

Action-Oriented: (*What are the action steps?*)

1)

2)

3)

Realistic: (*Why or why not?*)

Time-limited: (*What is the timeframe?*)