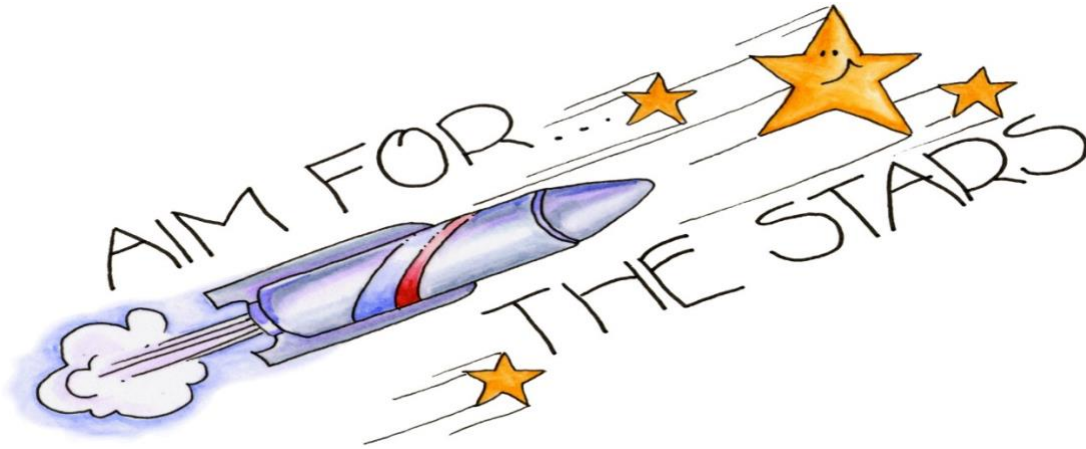


# Create **SMART** Goals



<b>S</b>	SPECIFIC.	What exactly do you want to accomplish?
<b>M</b>	MEASURED.	How will you know when your goal is met?
<b>A</b>	ATTAINABLE.	What steps can you take to reach your goals?
<b>R</b>	RELEVANT.	How will meeting this goal help you?
<b>T</b>	TIMELY.	How long will it take you to reach your goal?



**My Goals by:** \_\_\_\_\_

**My Goal is:**

**To Reach My Goal, I will do these 3 things:**

1.

2.

3.

**I will know I've reached my goal because:**

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**2 things that will help me stick to reaching my goal are:**

1.

2.

## VISION BOARD FOR CHILDREN

Dear VICCC Parents:

We are so excited that your entire family will join us in creating a Vision Board for 2018. A great way to begin with your child is to ask them what goal do that want to achieve in 2018.

By using the Create SMART Goal guide, you can help your child “Elevate” by discussing his/her goal using this helpful step-by-step tool.

Once your child identifies his/her goal, you are ready to move to the goal planning sheet. This sheet is awesome because it breaks down what your child must do to reach the goal; how will they know when the goal is reached; and what he/she will do to stick to reaching their goal.

Now, your child is ready for the Vision Board. Have your child place the completed goal sheet in the middle of the vision board. Then, look online or through magazines for pictures or quotes that will continually remind and inspire to keep reaching for the goal.

Most of all, have fun! Thank you for joining us on this journey as together, we look forward to 2018 The Year of Elevation!

