



Goal Setting

Goal setting is an important part of the youth experience. Goals should be set during the first week of the program and revisited throughout the program. Check-in with the young person and ask him/her what steps have been taken to meet their goals and what challenges they have encountered.

Set a SMART goal

S: Specific

M: Measurable

A: Attainable

R: Realistic

T: Timely

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?)*