

Name: _____

A Greener You

Personal Goal

SMART Goal Setting

Create a goal for a greener lifestyle by following the format below. You may complete more than one goal by following the same process. In one week's time, you will complete a personal reflection based on your experience. This reflection will be a part of both your science and your Career Education mark.

S	Specific	What are you going to do? What do I want to ultimately accomplish? How am I going to do it?
M	Measureable	How will I know that I have reached my goal?
A	Achievable	Can I see myself attaining this goal?
R	Relevant	Is the goal worth working hard to accomplish?
T	Timely	What is the target date for reaching your goal?

Name: _____

A Greener US

Port Coquitlam Goal

SMART Goal Setting

Create a hypothetical goal for a greener community by following the format below.

S	Specific	What are you going to do? What do I want to ultimately accomplish? How am I going to do it?
M	Measureable	How will I know that I have reached my goal?
A	Achievable	Can I see myself attaining this goal?
R	Relevant	Is the goal worth working hard to accomplish?
T	Timely	What is the target date for reaching your goal?