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? |