SMARTIE Goals

- **Specific**: You know exactly what the goal is and when it is met

- **Measurable**: You know when or how much of something is done when meeting the goal

- **Achievable**: Your goal is within reach and easy to put into action.

- **Realistic**: You have access to time and resources to accomplish this goal

- **Time-bound:** You have a deadline for your goal

- **Inclusive**: Your goal includes everyone, including youth of color, LGBTQIA+ youth, low-income youth, immigrants, etc.

- **Equitable**: Your goal would help ensure that everyone has what they need to be well, and sometimes this may not mean everybody has what is equal because we all have different needs

Example Phrasing for SMARTIE Goals

- I will start an Emotional Well-Being Tik Tok for my district. I will post a new video sharing Emotional Well-Being tips once a week on Mondays. I will ask for submissions for ideas to get input from a diverse group of students.

- I will start a wellness committee at my school by the end of the school year. I will start by finding a teacher or administrator to sponsor the club by the end of the month and then create flyers to advertise the club by February.

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Brainstorm your goals!
Use this space to brainstorm ways you can advocate for emotional well-being in your school and district

Make your goal SMARTIE

Specific: I will _____

_____

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Measurable: I will know I have successfully met this goal when _____

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 Is my goal achievable? _____

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Setting SMARTIE Goals

Is my goal **Realistic?** Do I have the time, resources, and support to actually get this goal done this school year?

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Is my goal **Inclusive?** Am I including the needs of all students, including youth of color, LGBTQIA+ youth, low-income youth, immigrants, etc.? How do I know this?

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Is my goal **Equitable**? Does my goal help ensure that everyone has what they need to be well, which may not mean everybody has what is equal because we all have different needs?

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