SMART/MOO GOALS WORKSHEET

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is a Goal?

A goal is something you want to achieve. Goals help us focus and improve in different areas of our lives, such as personal growth, school, work, or daily living skills.

**SMART Goals**

SMART goals help you create a clear plan to reach your goal.

✔ S – Specific: Clearly state what you want to accomplish.

✔ M – Measurable: How will you know when you’ve reached it?

✔ A – Attainable: Is this goal realistic?

✔ R – Relevant: Does this goal matter to you?

✔ T – Time-bound: When will you complete this goal?

SMART Goal Example:

Goal: “I will brush my hair every morning before school for one month.”

✅ Specific: Brushing hair every morning.

✅ Measurable: I can track if I brushed my hair each day.

✅ Attainable: I can do this on my own with a brush.

✅ Relevant: Helps with personal hygiene and feeling confident.

✅ Time-bound: One month.

Write Your SMART Goal Below:

My Goal:

Is it Specific? (What exactly do I want to accomplish?)

Is it Measurable? (How will I know I’ve achieved it?)

Is it Attainable? (Can I realistically reach this goal?)

Is it Relevant? (Why does this goal matter to me?)

Is it Time-bound? (When will I complete it?)

Reflection:

 1. What might be too hard while reaching your goal?

 2. What will help you stay on track?

 3. Who can support you reaching your goal?

**Task Analysis Worksheet**

Task Name: make example

(Describe the task to be analyzed)

Target Skill:

(What is the end goal of the task?)

Step-by-Step Breakdown of the Task (can use as many steps as necessary)

1)

2)

3)

4)

5)

Did you find that adding or taking away steps made the task easier to complete? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_