

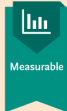

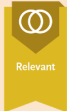





Hopes and Dreams MMTS:

Explore the links below in any order you wish. Be sure to record new knowledge, a-hahs, questions, and what you now wonder in the

column on the right. Make a copy and share it with me!

Text/Media:	Response:
<p>Listen: MLK Jr's famous speech</p> 	
<p>Look: Goal ideas</p>	
<p>Look: at this picture</p>	
<p>Explore what a "SMART" goal is</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>S</p>  <p>Specific</p> </div> <div style="text-align: center;"> <p>M</p>  <p>Measurable</p> </div> <div style="text-align: center;"> <p>A</p>  <p>Attainable</p> </div> <div style="text-align: center;"> <p>R</p>  <p>Relevant</p> </div> <div style="text-align: center;"> <p>T</p>  <p>Time Based</p> </div> </div>	

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S.M.A.R.T. Goal Planner

Specific	What <u>EXACTLY</u> do I want to happen?	
Measurable	I will know I have reached my goal when...	
Attainable	With hard work, is it possible to reach this goal by the deadline?	
Realistic and Relevant	My goal is important enough for me to put a plan into action. I will follow this specific plan to reach my goal:	
Time-Bound	I will reach my goal by:	

Watch: [Video - Setting SMART Goals](#)