

New Year, New Goals with ReadTheory!

This worksheet is your guide to setting a SMART goal, creating a clear plan, and staying on track to become an even stronger reader in 2025. SMART goals are your recipe for success—they're **Specific, Measurable, Attainable, Relevant, and Time-bound**.



1. Set a **specific** goal

Decide on one specific goal for this year. Write down exactly what you're trying to achieve. For example: "I want to improve my quiz average by 10 points."

2. Check that your goal is **measurable**

Consider how you'll know when you've reached your goal and how you'll track your progress. For example: "I will finish 5 passages each week and **check them off on my tracker**."

3. Make your goal **attainable** with a strategic plan

Write down 1–2 steps you can take to reach your goal. Some ideas: "I will spend 20 minutes, 3 times a week on ReadTheory at home," "I will spend at least 2 minutes per question to ensure careful reading and analysis" or "I will ask for help if I don't understand something."

4. Reflect on your work to check if your goal is **relevant**

Think about your current reading level and how you've performed on recent quizzes. Write a sentence or two about where you are right now and how your goal will help you make more progress.

5. Make your goal **time-bound** with a deadline

Set a time in the future for you to reach this goal and write it here. Make sure to look back at this sheet to see if you've achieved your goal. You can do it!

I commit to putting in my best effort to turn my SMART goal into reality!

Student Signature _____

Date _____

Did you know? People who write down their goals are 20% more likely to reach them!