COUNSELING & MENTAL HEALTH

REVISING MY SMART GOALS

One-on-one coaching with Gemini: from a good start to a goal you can actually prove.

Lessons in Mental Health

TODAY WE WILL…

- Learn the Prove It Test for measurable goals
- See a goal go from “almost” to “strong”
- Use Gemini as a one-on-one coach
- Revise both of your SMART goals
- Document every change you made, and why

CLOSE IS NOT COMPLETE

You chose goals that matter. Here are the six places most of them slipped, and how to fix each one.

Measuring with a feeling

Sounds like: "Until I feel more confident."

Fix it: Count something you do. Move the feeling to Relevant.

Two goals in one

Sounds like: "Work out and eat better."

Fix it: Pick one. Save the other for your second goal.

Parts that disagree

Sounds like: Goal: "Run every day." Plan: "Run 3 days a week."

Fix it: All five parts name the same action and amount.

A deadline far away

Sounds like: "Before college."

Fix it: Pick an end date within the next few months.

A situation, not a date

Sounds like: "During matches." "This season."

Fix it: Write real dates: start, check-in, and end.

Fuzzy amounts

Sounds like: "Always." "More." "Better."

Fix it: Use a number: how many, and how often.

THE PROVE IT TEST

Could someone else tell whether you met your goal?

If the answer is yes, it is measurable. That record might be a number, a count, a checklist, a score, a log, or a date on a calendar.

FEELINGS ARE YOUR WHY

Feelings matter. They just belong in a different box. Move the feeling to **Relevant**, and put something you can count in **Measurable**.

RELEVANT: THE FEELING

“I want to feel more confident.”

“I want to feel less stressed.”

“I want to feel closer to my family.”

MEASURABLE: THE PROOF

Spoke up in class 2 times a week

Checked off 3 of 4 nights on my tracker

Ate dinner with my family 4 nights a week

EXAMPLE · BEFORE

“I want to stress less about school.”

Part	What the student wrote	Coach’s rating
Specific	Stress less about tests and homework.	Almost: what will you do?
Measurable	I will feel calmer.	Missing: fails Prove It
Achievable	Yes, I can do this.	Missing: no plan
Relevant	School stresses me out.	Almost: why does it matter?
Time-Bound	This semester.	Almost: no dates

EXAMPLE · AFTER

“I will write every assignment in my planner before I leave school each day, from October 21 to November 21.”

Part	Revised
Specific	Write every assignment in my planner before I leave school, every school day.
Measurable	I check off each day on a tracker in my planner. My target is 4 out of 5 school days each week.
Achievable	I already own a planner. If I forget in class, I check Canvas before I leave the building.
Relevant	I want to feel less stressed, because forgetting assignments makes me panic the night before they are due.
Time-Bound	Start October 21. Check in November 7. Finish November 21.

SHOW YOUR CHANGES

This is what “What I Changed” looks like. Fill in only the parts you changed.

Part	Before	After	Why I changed it
Specific	Stress less about tests and homework.	Write every assignment in my planner before I leave school.	“Stress less” is not an action.
Measurable	I will feel calmer.	Planner tracker: 4 out of 5 school days each week	Nobody can check a feeling.
Achievable	Yes, I can do this.	If I forget in class, I check Canvas before I leave.	I had no plan for when I forget.
Time-Bound	This semester.	Oct 21 start, Nov 7 check-in, Nov 21 end	I need dates to know when to check.

MEET GEMINI

GO STRAIGHT TO THIS LINK

gemini.google.com

What it is

Google’s AI chat assistant. You type a message, it answers, and you keep the conversation going.

What it is not

The AI Overview box at the top of a Google search. Do not type your goal into Google search.

How to get in

Open the link and sign in with your school Google account. Click New chat to start.

COACH, NOT GHOSTWRITER

Gemini is going to ask you questions. You do the thinking and the writing.

Gemini will

Rate each part of your goal and ask you one question at a time.

You will

Answer honestly, then type your revised goal in your own words.

If Gemini rewrites it for you

Type: “Please do not rewrite it. Ask me a question instead.”

Keep it school-appropriate

Share only what you would share with me. No last names or addresses.

THE COACHING PROMPT

Copy this from your worksheet. Paste it into Gemini with your goal.

You are my SMART goal coach. I am a high school student revising a SMART goal I already wrote. Do NOT rewrite my goal for me. I need to do the thinking and the writing.
Here is my goal: [PASTE YOUR GOAL AND ALL FIVE SMART ANSWERS, OR UPLOAD THE PDF]
Step 1: Rate each part as Strong, Almost There, or Missing, and explain in one or two sentences. Use these standards. Specific: one goal only (not two combined) that says exactly what I will do and how often. Measurable: someone else could look at a number, count, or record and tell whether I met my goal (a feeling is not a measurement). Achievable: names my plan and one obstacle. Relevant: explains why this matters to me. Time-Bound: has a start date, a check-in date, and an end date within the next few months. Also tell me if any part does not match my goal statement.
Step 2: Ask me ONE question at a time to help me fix my weakest part. Wait for my answer before asking the next question.
Step 3: When I share my revised goal, check it against the same standards and tell me what still needs work. Keep your answers short.

YOUR STEPS

1. Paste your original goal into the worksheet.
2. Paste the coaching prompt and your goal into Gemini.
3. Answer Gemini’s questions, one at a time.
4. Write your revised goal in your own words.
5. Fill in “What I Changed”: before, after, and why.

Goal 1 by minute 40 · Goal 2 by minute 55 · Start a new Gemini chat for Goal 2

FINAL CHECK

Part	My revised goal...
Specific	One goal only: exactly what I will do, and how often
Measurable	Passes the Prove It Test: a number, count, or record
Achievable	Names my plan and one obstacle I might face
Relevant	Explains why it matters to me (feelings go here)
Time-Bound	Has a start date, a check-in date, and an end date

REFLECT + TURN IN

1. Which SMART letter was hardest for you to get right, and why?
2. What is one thing you will do differently the next time you set a goal?

Turn in

Download your worksheet as a PDF and upload it to **Revising My SMART Goals**.

Pair share: read your before and after Measurable line to a partner.

LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

A goal you can prove is a goal you can keep.

Lessons in Mental Health

Revising My SMART Goals Worksheet

Click Here