

SMART GOALS

NAME

DATE



GOALS GIVE YOU DIRECTION, FOCUS, AND PURPOSE. THEY ALSO GIVE YOU SOMETHING TO WORK TOWARD. JUST MAKE SURE THEY ARE **SMART** GOALS.

S

SPECIFIC

Specific goals are well-defined and clear-cut. Instead of *"I want to do better in school,"* a more specific goal would be *"I want to earn a 3.0 GPA."*

M

MEASURABLE

Measurable goals make it easier to know how successful you are. Instead of *"I will get in shape,"* a better goal would be *"I will be able to walk a mile in less than 15 minutes."*

A

ACHIEVABLE

Achievable goals set you up for success because they're goals you can accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn't.

R

RELEVANT

Setting relevant goals ensures that you're working toward worthwhile goals. For example, learning a new computer program is more worthwhile than beating a video game score.

T

TIME-BOUND

Time-bound goals have a definite time or date they are to be accomplished. *"Complete my science project by Friday"* is more motivating than *"Complete my science project."*

Set three smart goals for yourself. Write each goal below, as well as what you need to do to achieve that goal.

GOAL #1

GOAL #2

GOAL #3