

What is a SMART Goal?

A SMART goal is...

Specific:

Give as much detail as possible. Answer questions such as *Who? What? Where? When? Why?*

Measurable:

How will you measure your goal? Measurement will give you specific feedback and hold you accountable. Answer the question - how?

Achievable:

Goals should push you, but need to be realistic and achievable. Consider what is required to attain this goal. Is it possible to reach your goal?

Relevant:

Goals should be relevant to your life. Does this seem worthwhile?

Timely:

Goals should have a timeframe to get it done. This will help you be accountable and stay motivated.

Examples:

Broad, not SMART, goal:

“I will do better in math.”

SMART goal:

“I will get at least a B on all my math tests and hand in all my math assignments on time during the next semester.”

Write a SMART Goal

Today's Date: _____ Target Date: _____ Start Date: _____

Test that your goal is SMART

Specific: *What exactly will you accomplish?*

Measurable: *How will you know when you have reached this goal?*

Achievable: *Is achieving this goal realistic with effort and commitment? What resources are needed to achieve this goal? If you don't have them already, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Timely: *When will you achieve this goal?*

My SMART Goal:

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?

Expected Completion Date

Completed

<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

Date My SMART Goal Achieved: _____

