Setting SMART Goals

It’s one thing to say that you want to change some things in your life. However, it is quite another to actually do it! Setting a SMART goal helps you structure an approach toward those changes you seek. See explanations below.

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|  | **Word** | **Explanation** | **Good/Bad Examples** |
| **S** | SPECIFIC | Set a goal that is specific enough to be accomplished.  | Not specific: *stay out of trouble, get straight A’s*Specific: *Get to class on-time, turn in all of my work*  |
| **M** | MEASURABLE | Establish criteria (what you have to show) for the goal to be achieved. | Not Measurable:*I want to make a lot of free throws*Measurable:*I want to make at least 9 of 10 free throws in the next game* |
| **A** | ACTION-ORIENTED | Involves specific actions that will result in your reaching the goal | Nope: *In order to get an A in Math, I have to study* Yep: *In order to get an A in Math, I have to review my concepts and practice problems every night* |
| **R** | REALISTIC | Should be something that is attainable given the resources and limitations that you have | Unrealistic: *I want to make 100 free throws in every game*Realistic: *I want to make 8 of 10 shots that I take* |
| **T** | TIMELY | Allow reasonable time to complete each goal, but not so much time that you lose focus | Not Timely: *I want to learn to play the guitar*Timely: *By October 1, I want to be able to play A chords without looking at my hands* |

Now, create your own SMART goal

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|  | Word | Explanation | **My Goal** |
| **S** | SPECIFIC | Set a goal that is specific enough to be accomplished.  |  |
| **M** | MEASURABLE | Establish criteria (what you have to show) for the goal to be achieved. |  |
| **A** | ACTION-ORIENTED | Involves specific actions that will result in your reaching the goal |  |
| **R** | REALISTIC | Should be something that is attainable given the resources and limitations that you have |  |
| **T** | TIMELY | Allow reasonable time to complete each goal, but not so much time that you lose focus |  |

My SMART Goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(S). I will know that I have reached my goal if \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(M). In order to reach it, I will take the following actions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(A). I plan to accomplish my goal by \_\_\_\_\_\_\_\_\_\_ (T).