

# SMART GOALS

NAME

DATE

GOALS GIVE YOU DIRECTION, FOCUS, AND PURPOSE. THEY ALSO GIVE YOU SOMETHING TO WORK TOWARD. JUST MAKE SURE THEY'RE 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.

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## 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.

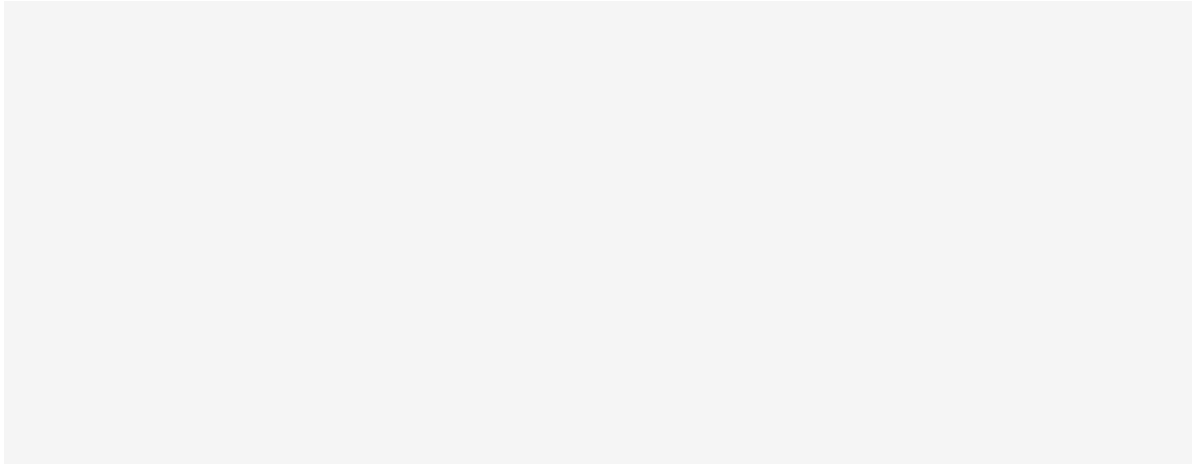
**T**

## TIME-BOUND

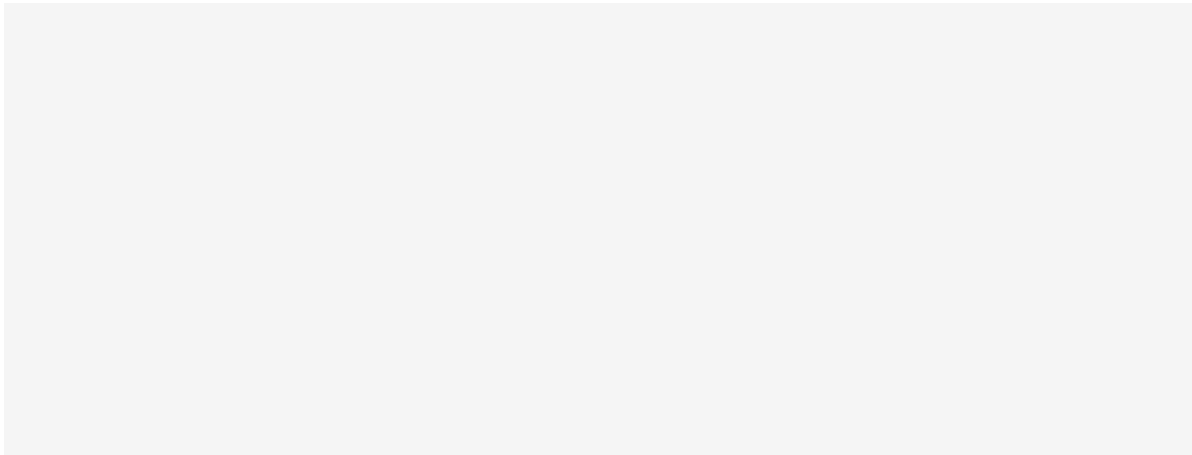
Time-bound goals have a definite time or date they are to be accomplished. "*Complete my science project by Friday*" is more motivating than "*Complete my science project.*"

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

