S M A R T G O A L S

**NA M E D ATE**

# Goals give you Direction, Focus, and Purpose. They also give you something to work toward. Just be sure they are SMART Goals.

S P E C I F I C

S

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

M E a S U R A B L E

M

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 15 minutes.”

 A A C H I E V A B L E

Achievable goals set up for success because they’re goals you can accomplish. Imp r o vi ng your math grade one letter is achievable. Raising it from a D to A, probably isn’t.

R E L E V A N T

R

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

T T I M E L Y

Timely goals have a definite time or date when they can be accomplished. “Complete my science project by Friday,” is more motivating than “Complete my science project.”

WO O D BURNPRES S. C O M

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

G O AL # 1

G O AL # 2

G O AL # 3