

SMART Goal Setting

Name _____

Date _____

<p style="font-size: 48pt; text-align: center;">S</p>	<p style="text-align: center;">MAKE IT SPECIFIC</p> <ul style="list-style-type: none"> • What EXACTLY do you want to accomplish? • State your goal in the positive. 	<p>Weak: "Do good in math." Strong: "I will earn an 85% in math by the end of the semester."</p>
<p style="font-size: 48pt; text-align: center;">M</p>	<p style="text-align: center;">MAKE IT MEASURABLE</p> <ul style="list-style-type: none"> • How will you know when you have accomplished your goal? 	<p style="text-align: center;">Add this measurement into your S section (if it isn't there already).</p>
<p style="font-size: 48pt; text-align: center;">A</p>	<p style="text-align: center;">MAKE IT ATTAINABLE</p> <ul style="list-style-type: none"> • What action steps will you need to take (daily, weekly, and other) in order to accomplish this goal? 	<p style="text-align: center;"> DAILY WEEKLY OTHER </p>
<p style="font-size: 48pt; text-align: center;">R</p>	<p style="text-align: center;">MAKE IT REALISTIC</p> <ul style="list-style-type: none"> • With hard work, dedication, and motivation can I realistically achieve this goal? 	<p>Answer the following questions:</p> <ul style="list-style-type: none"> • Is my goal realistically achievable? YES NO (circle one) • Are all of the above action steps things I am able and willing to do (even when they are hard)? YES NO (circle one) <p>If you answered yes to both, great! If you answered no to one or both go back and revise the section(s) that are not realistic. Revise until you can answer yes to both of the above questions.</p>
<p style="font-size: 48pt; text-align: center;">T</p>	<p style="text-align: center;">MAKE IT TIME-SPECIFIC</p> <ul style="list-style-type: none"> • By when will you accomplish your goal? 	<p style="text-align: center;">Add this time into your S section (if it isn't there already).</p>