

# GOAL SETTING: SMART GOALS

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<u>SPECIFIC</u> What will you achieve?	<u>MEASURABLE</u> How will you know you met your goal?	<u>ACHIEVABLE</u> The goal can be met given available resources	<u>REALISTIC</u> The goal allows for likely success	<u>TIMELY</u> When will your goal be accomplished

Creating an action plan is an important part of being an effective student and reaching your goals. Follow these steps to create a SMART goal for yourself.

PART 1: Write down 4 goals for yourself.

- 1.
- 2.
- 3.
- 4.

PART 2: Pick one of your goals and break it down into smaller steps.

STEPS	TIME NEEDED	DEADLINE

PART 3: Identify obstacles and resources.

List some resources that can help you reach your goal


What obstacles might get in your way?

What will you do to overcome these obstacles?


PART 4:

How will you know you achieved your goal?  
What will it look like?  
What will it feel like?

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