

Goal Setting: SMART Goals

"To fail to plan is to plan to fail." —Benjamin Franklin

A SMART goal explains a behavior using the following components:

S pecific	A SMART goal identifies a specific action or event that will take place.
M easurable	The description of a SMART goal and the outcome should be quantifiable.
A chievable	A SMART goal should be attainable given available resources.
R ealistic	A SMART goal should require you to stretch some beyond your normal routine and regular abilities, but allow for likely success.
T imely	A SMART goal should state the time period in which it will be accomplished.

Sample Goals:

Which of the following are SMART goals? Indicate which of the SMART components are part of each goal.

GOAL	S	M	A	R	T
1. To study harder.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. To get a 4.0 GPA for this semester.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. To become a better student.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. To maximize my study time each day before social activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. To improve my next test grade in ECON 101 by one letter grade.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. To find a summer internship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I want to join a club.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I want to decrease my credit card debt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Part 1. Write Down 4 Goals:

1. _____
2. _____
3. _____
4. _____

Pick one goal from above: _____

S.M.A.R.T.
Goals
S pecific
M easurable
A chievable
R elevant
T imely

Part 2. Break it into smaller steps—remember these are measurable and attainable.

Step	Time Needed (if applicable)	Deadline

Part 3. What are resources, places and/or people who can help you in achieving this goal?

What obstacles might get in your way?

What will you do to overcome these obstacles?

Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?
