

# SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward. *Just make sure that your goals are 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 realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn't.

## R

### Relevant

Setting relevant goals ensures that you're working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal 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.

Below each goal write down the specific things you need to do to achieve it.

### Goal #1

### Goal #2

### Goal #3