

## S.M.A.R.T Goals

- ✓ **SPECIFIC:** Does your goal clearly and specifically state what you are trying to achieve?
- ✓ **MEASUREABLE:** How will you know if progress is being made on achieving your goal?  
Can you quantify or put numbers to your outcome?
- ✓ **ATTAINABLE:** What factors may prevent you from accomplishing your goal? Is achieving your goal dependent on anyone else?
- ✓ **RELEVANT:** What is achieving your goal important to you? What values in your life does this goal reflect? What effect will achieving your goal have on your life?
- ✓ **TIME-BOUND:** When will you reach your goal? If your goal is particularly large, try breaking it down into smaller goals with different deadlines.

My 3 goals for the semester are...

These goals are important to me because...

The consequences of not achieving my goals are...

What obstacles might get in the way? What will I do to overcome these?

Three resources I have to help me achieve my goals are...

How will I know I have achieved my goals? What will it look and feel like?