



## SMART GOAL Setting... Sets you up to SUCCEED!

To make sure your goals are clear and reachable, each goal should be **SMART**:

What Does **SMART** goal setting Mean?

**SMART** is an acronym that you can use to guide your goal setting.

- **S**pecific (simple, sensible, significant).

☹️**Non-Specific Goal:** I want to be in 'better shape'.

✓**Specific Goal:** I want to run a 5k (3.2 miles) by end of April

- **M**easurable (meaningful, motivating).

☹️**Non-Measurable Goal:** I want to do well in English

✓**Measureable Goal:** I want to earn at least a 'B' in English

- **A**chievable (agreed, attainable).

☹️**Non-Achievable Goal:** I want to do 50 sit ups

✓**Achievable Goal:** I want to do 50 sit ups in under five minutes

Beware of setting goals that someone else has power over. For example, "Get that promotion!" depends on who else applies, and on the recruiter's decision. **But** *"Get the experience and training that I need to be considered for that promotion"* is entirely on YOU.



## SMART GOAL Setting... Sets you up to SUCCEED!

- **R**ealistic (reasonable and results-based).

Remember there are only 24 hours in a day and you need to purposely focus your energy on your goals.

⊗ **Non-Realistic Goal:** I want to get A's in all my classes, join 3 new clubs & join the show choir and join the basketball team and....

✓ **Realistic Goal:** I want to earn A's or B's in my classes and join 1 new club

- **T**imely (time-based, time limited, time/cost limited, timely, time-sensitive).

Set a deadline to meet /accomplish your goals. Every goal needs a target date, so that you have a deadline to focus on and something to work toward. A deadline gives you a finish line to focus on and deliver a positive result. Keeps you organized and eliminate stress.

⊗ **Non-Timely Goal:** I want to study for my Biology exam

✓ **Timely Goal:** I will study for my Biology exam on Oct. 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup>