



Setting Goals the SMART Way



Specific - The goal should identify a specific action or event that will take place.

Measurable - The goal and its benefits should be quantifiable.

Achievable - The goal should be attainable given available resources.

Realistic - The goal should require you to stretch some, but allow the likelihood of success.

Timely - The goal should state the time period in which it will be accomplished.

Here are some tips that can help you set effective goals:

1. Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
2. State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
3. Attach a date to each goal. State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals.
4. Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
5. Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.

6. Write down your goals and put them where you will see them. The more often you read your list, the more results you get.

7. Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.

What are some possible obstacles to this project?

1. _____

2. _____

What do I need in order to reach this goal?

3. _____

4. _____

5. _____

What are some possible solutions to these obstacles?

1. _____

2. _____

3. _____

4. _____

5. _____

Where am I right now in regards to this goal?

6. _____

6. _____

What obstacles could get in my way of achieving my goal?

What are the solutions to the obstacles that you may face?

