

SMART Goals

S Specific – Be clear about what you want to happen (who, what, when, where, how often?)

- Not specific: I want to make good grades.
- Specific: I want to have a 93 average in science by May 26, 2015.

M Measurable – You can track progress; it is clear whether you have met the goal or not

- Not measurable: I want to make more friends.
- Measurable: I will have at least 3 people attend my birthday party in March.

A Achievable – Is this goal realistic?

- Not achievable: I want to make 200 free throw shots during the next basketball game.
- Achievable: I want to make 8 out of 10 of the free throw shots that I attempt in the next game.

R Relevant – Why is this goal important? What are the benefits?

- Not relevant: I want to be able to balance a spoon on the tip of my nose.
- Relevant: I want to build my own computer by June, 2015.

T Time-bound – You should set a time frame. When will the goal be achieved?

- Not time-bound: I want to learn to play the piano.
- Time-bound: I want to learn to play “Twinkle Twinkle Little Star” by January 3rd, 2015.

Once you have set the goal, you must lay out the **action steps**. How will you achieve the goal? Having a goal is only the first step!

You must also think about any problems you might encounter and plan for ways to get around those obstacles. You may need to be flexible and willing to modify the goal or action steps if needed.