

SMART Goals

Using the SMART guidelines below, write a goal that you have for yourself this semester and action steps you can take to achieve it.

S - Specific

What am I going to do? What do I want to accomplish?

M - Measurable

How will I measure my success? How will I know when I have achieved my goal?

A - Attainable

Is this goal reachable? What obstacles stand in the way? What resources can help me?

R - Relevant

Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

T - Time-Bound

When will I accomplish this goal? How long will I give myself to complete it?

YOUR GOAL:

Steps I will take to accomplish my Goal:

