

What is a SMART Goal?

A **SMART** goal is a clear and specific goal-setting method designed to help you achieve your objectives effectively. Each letter in the acronym **SMART** represents a key element of successful goal-setting:

S

Specific: Your goal should be clear and precise, focusing on what you want to accomplish. It answers the questions: Who? What? Where? When? Why?

M

Measurable: Your goal should include criteria that allow you to track your progress and determine when you've achieved it. Ask yourself: How will I know when I've accomplished this goal?

A

Achievable: Your goal should be realistic and attainable within your current resources and constraints. It should challenge you, but also be possible to achieve.

R

Relevant: Your goal should align with your broader life and career aspirations. It should matter to you and contribute meaningfully to your long-term objectives.

T

Time-bound: Your goal should have a clear deadline or timeframe for completion. This creates a sense of urgency and helps you stay focused and motivated.

By using the **SMART** criteria, you can create well-defined goals that are easier to achieve and track, helping you succeed in both personal and academic areas.

Name: _____

Date: _____

Converting Goals into SMART Goals

Re-write each goal below to fit the SMART goal criteria.

For example: "I want to get better at math" could be re-written to say "I will improve my math grade by 10% by the end of the semester by studying for an extra hour each week and attending peer tutoring sessions."

1.	Goal: I want to read more books.
	SMART Goal: _____ _____
2.	Goal: I want to be more active.
	SMART Goal: _____ _____
3.	Goal: I want to be more organized with my schoolwork.
	SMART Goal: _____ _____
4.	Goal: I want to get more sleep.
	SMART Goal: _____ _____
5.	Goal: I want to participate more in class.
	SMART Goal: _____ _____
6.	Goal: I want to spend less time on my phone.
	SMART Goal: _____ _____
7.	Goal: I want to do better in science class.
	SMART Goal: _____ _____

Name: _____

Date: _____

Setting SMART Goals

Using the SMART criteria, set one academic goal and one personal goal for yourself. Fill out each section of the chart below, then re-write out the goal as a statement underneath.

Academic Goal:

S	Specific: What do you want to achieve?	
M	Measurable: How will you know when you've achieved it?	
A	Achievable: Is it attainable within your current circumstances?	
R	Relevant: How does it relate to your life?	
T	Time-bound: When is your deadline for achieving your goal?	

Goal Statement:

Personal Goal:

S	Specific: What do you want to achieve?	
M	Measurable: How will you know when you've achieved it?	
A	Achievable: Is it attainable within your current circumstances?	
R	Relevant: How does it relate to your life?	
T	Time-bound: When is your deadline for achieving your goal?	

Goal Statement:
