

# SMART Goal

## Specific

Be detailed about your goal.

## Measurable

How will you know you've achieved your goal?

## Attainable

What will be challenging about your goal?

## Relevant

How will this improve academics or your personal or social life?

## Time-bound

What is a realistic time frame for you to achieve your goals?

**Why is this goal important to you?**

**List at least 3 steps that will help you reach your goal.**

- 1.
- 2.
- 3.

**How will you celebrate your success?**