

SMART Goals

Specific

Be detailed about your goal.

Measurable

How will you know you've achieved your goal?

Attainable

Is it realistic that you will hit this 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?