



S.M.A.R.T. Goal Setting

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Using this method of Goal Setting is an effective and simple way to achieve any goal that you set.

SMART Guide To Success

Specific	<ul style="list-style-type: none"> ➤ What exactly needs to be accomplished? ➤ Who else will be involved? ➤ Where will this take place? ➤ Why do I want to accomplish the goal?
Measurable	<ul style="list-style-type: none"> ➤ How will I know I've succeeded? ➤ How much change needs to happen? ➤ How many accomplishments/actions will it take in order to succeed?
Attainable	<ul style="list-style-type: none"> ➤ Do I have, or can I get, what I need to achieve the goal? ➤ Is the goal a reasonable stretch for me? ➤ Are my actions going to make me successful?
Relevant	<ul style="list-style-type: none"> ➤ Is this what I need to do right now? ➤ Is it what I want to do for myself? ➤ Would it delay another more important goal? ➤ Am I willing to commit to achieving this goal?
Time-bound	<ul style="list-style-type: none"> ➤ When is the deadline for reaching the goal? ➤ When do I need to take action? ➤ What can I do today to put me closer to reaching my goal?





S.M.A.R.T. Goal Setting

Part 1: Start by writing four goals using the S.M.A.R.T. Goal Setting Method

1.	2.
3.	4.

Part 2: Pick one goal from above and break it into smaller steps

Remember: these should be specific, measurable, and attainable steps

Step	Time Needed	Deadline
1.		
2.		
3.		
4.		
5.		

Part 3: Mental Contrasting: How will you know that you have achieved your goal, and what are some possible obstacles you may face?

I'll know I've achieved my goal when...

A thing that could get in my way is...

1.	
2.	
3.	
4.	

