SMART Goals: Reach Your Goals!

**S**pecific – Your goal should be focused on improving or achieving a particular thing.

* Not Specific: I want to improve my history grade.
* Specific: I want to improve my history grade by 9% by the end of the year.

**M**easureable – How will you know that you achieved your goal?

* Not Measurable: I will score lots of goals.
* Measureable: In the next game, I will score a minimum of 4 goals.

**A**ction – What specific actions will you take to reach this goal?

* Not Effective Action: I will become flexible.
* Effective Action: I will become flexible by stretching my hamstrings for five minutes every night for three weeks.

**R**ealistic – Your goal should be realistic.

* Not Realistic: I will become a millionaire by next year.
* Realistic: I will save 40% of my money in a savings account for the next year.

**T**imeline – When will you achieve your goal? Give yourself a deadline.

* I will learn to play the piano.
* I will learn how to play three songs on the piano by December 1st.

Try making your own SMART Career Goal:

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| --- |
| Specific Career Goal |
| Measureable |
| Actions |
| Realistic |
| Timeline |

Yay! You made a goal! Now how *exactly* will you achieve this goal?

Write out the steps that you will take to achieve this goal:

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| Step | How will I know I achieved this step? |
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Something that will help you to achieve your goal is to have someone who can hold you accountable (or responsible) for your goal. Tell someone about your goal and ask that person to ask you about your progress.

How will you be accountable for your goal?