

S.M.A.R.T. GOALS

	<i>Questions to ask yourself</i>	<i>Poor Examples</i>	<i>Good Examples</i>
S pecific	<ul style="list-style-type: none"> • <u>WHO</u> will be involved? • <u>WHAT</u> are you going to do? • <u>HOW</u> are you going to do it? • <u>WHY</u> is this important to do at this time? 	I will keep track of my assignments.	I will write in my day planner at the end of every class, bring it home with me to see what I have to do, and check each thing off as I complete it.
M easurable	<ul style="list-style-type: none"> • How will the goal be measured? • How will you know when it is accomplished? 	I want to be a good reader.	I want to learn 5 reading strategies this quarter to use when I read my bio book. My success will be measured by my improved test grades.
A chievable	<ul style="list-style-type: none"> • Is this goal something that is possible for you to accomplish in your specified amount of time? • Does it challenge you in some way as well? 	I will improve all my grades at least 1 letter grade this week.	I will increase my Biology grade by at least 3% by studying for this week's test every day.
R elevant	<ul style="list-style-type: none"> • Is this goal something that has to do with your overall purpose in life? • Is it connected to your personal mission statement? 	I will become a warlord and have many loyal servants who work for me.	By the end of this quarter, I will have a 3.0 GPA in my a-g classes.
T imely	<ul style="list-style-type: none"> • Does this goal have a definite starting and ending point? • Did you leave yourself <i>enough</i> time or <i>too much</i> time to achieve it? 	I am going to do my homework.	I am going to finish my homework by 8pm tonight by spending one hour on each subject.

Other possible meanings for the letters in "SMART":

S: strategic, significant, stretching M: meaningful, motivational A: attainable, agreed upon, acceptable, action-oriented
R: results-oriented, rigorous, reasonable, realistic, rewarding I: time-oriented, tangible, trackable, time-sensitive