

SETTING SMART GOALS

Set SMART goals:

- **S**pecific: Clearly define exactly what you want to achieve.
- <u>M</u>easurable: Establish criteria for measuring your progress.
- Achievable: Be sure that, realistically, you have the time and resources to meet this goal.
- **R**elevant: Pursue achievements that you care about. Can you state why the goal matters to you?
- <u>I</u>ime Bound: Decide exactly when you will start and finish your goal.

Make goals HARD:

- <u>H</u>eartfelt: Develop an emotional attachment to the goal; it needs to fulfill some kind of existential itch.
- Animated: Visualize the goal and its outcome and replay it often in your mind.
- **R**equired: Convince yourself that the goal is urgently necessary so that you have no choice but to start acting on it right here, right now.
- <u>D</u>ifficult: Set goals that challenge you. The harder (but still attainable) the goal is, the harder we're willing to work for it.

Put your goals in WRITING, make an ACTION PLAN, and STICK WITH IT!

Semester Goal			
	Goal	Action Plan	
Academic			

Other			
One-Year Goal			
	Goal	Action Plan	
Academic			
Other			

For more information on goal settong and to develop a personalized plan, visit an <u>academic</u> <u>coach</u>. All appointments are available in-person at the Student Success Center, located in the Library, or online.