

Goal Setting – The SMART Approach

Goal setting is a useful strategy for creating better habits, either in thoughts or actions. Making **SMART** goals can help you achieve what you want. Consider the five qualities of **SMART** goals when forming better habits for yourself.

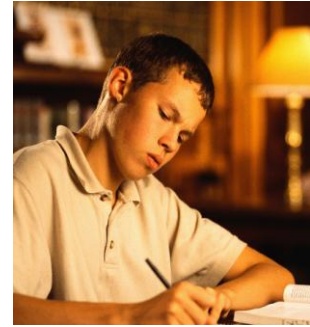


Specific – If a goal is too vague, it will seem overwhelming to even begin. For instance, “I plan to be a better student” is too vague. Breaking down this goal into something achievable will help. “I pledge to turn my homework in on time” is a specific goal.

Measurable – Effective goals provide a way to measure how things are going. “I will turn in my homework daily as assigned” is a measurable goal, which you can check each day.

Achievable – Goals should encourage you to try harder and focus, but also understand your limits. “I will turn off the television in the afternoons until homework is finished” is an achievable step in reaching your goal.

Relevant – Setting a goal you see as valuable in your life helps you to achieve it. “Turning in work on time will mean less stress and more stable grades” is an example of a relevant goal.



Timely – Set a timeline to keep yourself motivated to reach your goal. For example, “I will turn in my homework for three weeks, beginning today” is a timely goal.

Try it out. Set a SMART goal for yourself, and work to accomplish it.

Goal	_____

Action	_____

Time Frame	_____