


SMART Goals



“What you get by achieving your goals is not as important as what you become by achieving your goals.”

-Henry David Thoreau

Specific

Instead of “Read Kant Tuesday” say “Read 4 pages of Kant in an hour tonight.”

Measurable

Instead of “Study for Chemistry exam for 8 hours”, say “Study each chapter for 45 minutes per night”

Attainable

Instead of “Study 40 hours every week outside of class”, say “Study 2-3 hours per night outside of class”

Realistic

Instead of “Get A’s in every class this year”, say “Go to all classes and study 3 hours per day.”

Time-Bound

Instead of “Finish paper by due date”, say “I will pick my topic and do the introduction today.”

GOAL SETTING TIPS

- Be precise: set precise (specific) goals by using dates, times and amounts so you can measure your achievement.
- Set your priorities. If you have multiple goals, prioritize them by importance so you don’t feel overwhelmed.
- Write your goals down. This will help you keep focus and keeps them clear in your mind.
- Set your own goals. People can set unrealistic goals for you without regard to your desires and ambitions. Make sure you set your own goals realistically.
- If you have one large ultimate goal, stay on track by setting smaller milestones to pass along the way.
- Build a support system for your self by sharing your goals with friends or family.
- Don’t stop when you achieve your goal. Once you accomplish your goals, make a new one to set the bar higher for yourself.