

Live Well to
Learn Well

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S.M.A.R.T. Goals

Use this worksheet to help develop your own S.M.A.R.T. Goals.

	Example	My Goal
<u>S</u>pecific		
Specific goals are met more often than non-specific goals. Answer the “W” questions: Who, What, Where, When, Why.	Study more (non-specific) vs. Study for two hours on M/W/Th between the hours of 7–9 p.m. in the library (specific).	
<u>M</u>easurable		
How will you know when you have met your goal? How will you measure your success?	Track number of nights I go to the library and how long I stay. Consider 80% success (5-6 hours).	
<u>A</u>ttainable		
What will help you meet this goal? How can you reduce barriers?	Ask a friend to come with me. Make sure I eat dinner before 7 p.m. Stay organized. Silence my phone before studying.	
<u>R</u>ealistic		
Aim high, but not too high. Consider goals that can reasonably be met given your personal situation, time constraints, etc. Start with smaller goals and work up to bigger ones.	These days/times fit into my schedule given my other obligations and need for social time. Before starting my goal, I will practice going to the library once a week and stay for at least an hour.	
<u>T</u>imely		
Determine a reasonable timeline for your goal. Do you want to begin this week? next month?	I will start my goal in two weeks. I will try to meet my goal for 3 weeks and then evaluate my success.	