

How to make SMART goals

When we make goals, we often think about all the things we want to change and make overly ambitious goals. SMART goals can help to make sure your goals are doable.

S – Specific

M – Measureable

A – Achievable

R – Realistic

T – Time based

Sample goal – I’m going to get more sleep this year.

SMART goal – I am going to go to bed fifteen minutes earlier on school nights for the next month.

Also, it is helpful to have a reason why we are working towards that goal. The why helps us to be emotionally invested in our goal.

Should – I should get more sleep because people keep telling me to do so.

Why – When I get more sleep, I am more alert, attentive and calmer. Even though it is hard to get myself to go to bed earlier, I will remind myself that this extra sleep is helping me to feel more rested and better able to handle my responsibilities during the day.