

S.M.A.R.T Goals

How S.M.A.R.T Goals can help you succeed!



What is a SMART Goal?

- Smart goals give you direction, focus, and purpose. They also give you something to work toward. Just make sure that your goals are SMART goals.

The image displays five SMART goal cards, each with a distinct header and a corresponding icon. The cards are arranged horizontally and each contains a definition, an example, and a small illustration.

- Specific:** Header in pink. Text: "Your goal is clearly defined and states exactly what you are going to achieve." Example: "E.g. I will **run the mile** in **under 8:00 minutes** by the end of the month." Icon: A blue target with a yellow arrow.
- Measurable:** Header in blue. Text: "Your goal states success criteria, so you can track progress and know when your goal is met." Example: "E.g. I will run the mile in **under 8:00 minutes** by the end of the month." Icon: A laptop displaying a line graph.
- Achievable:** Header in pink. Text: "Your goal challenges you, but is also something realistic." Example: "E.g. I will run the mile in **under 8:00 minutes** by the end of the month. Because my last time was 8:21 and I have been playing soccer a lot since then, which improves my cardio." Icon: A clipboard with a checklist.
- Relevant:** Header in blue. Text: "Your goal is connected to what is valuable and important to you." Example: "E.g. I will **run the mile** in under 8:00 minutes by the end of the month. Because I want to have good cardio, fitness for other sports, and I want to challenge myself." Icon: Three overlapping circles in blue, yellow, and red.
- Timebound:** Header in pink. Text: "Your goal includes a date you will have achieved it by." Example: "E.g. I will run the mile in **under 8:00 minutes by the end of the month**." Icon: A calendar.

Each card has "SMART Goals" written at the bottom. The website "ProjectSchoolWellness.com" is visible at the bottom right of the entire set.

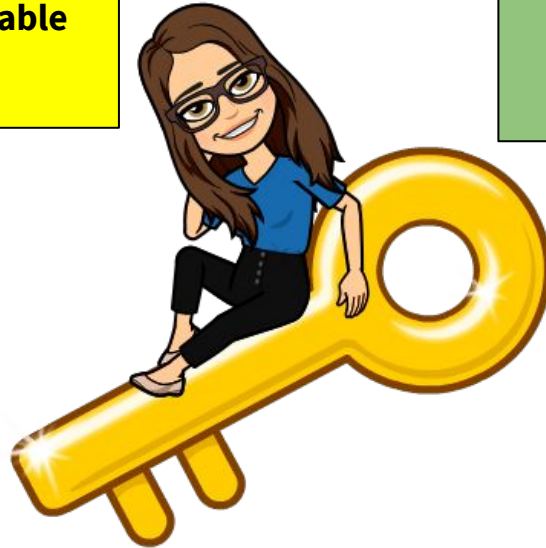
S - Specific

A - Achievable

T - Time-Bound

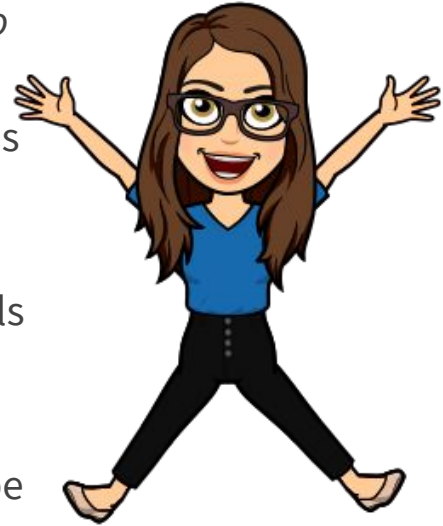
M - Measurable

R - Relevant



Explanation

- **Specific** - specific goals are well-defined and clear-cut. Instead of “*I want to do better in school,*” a more specific goal would be “*I want to earn a 3.0 GPA.*”
- **Measurable**- Measurable goals make it easier to know how successful you are. Instead of “*I will get in shape,*” a better goal would be, “*I will be able to walk a mile in less than 15 minutes.*”
- **Achievable** - Achievable goals set you up for success because they’re goals you can realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn’t.
- **Relevant** - Setting relevant goals ensures that you’re working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal than beating a video game score.
- **Time-bound**- Time-bound goals have a definite time or date they are to be accomplished. “Complete my science project by Friday” is more motivating than “Complete my science project.”



Example: SMART Goals for Good Study Habits

Understanding how your brain works and what strategies work best for you can be useful in both your personal and professional life. Taking the time to try out different study systems until you find your perfect fit is a great exercise in self-discovery and focusing on strengths.

- **SMART Goal:** I will find a study system that works best for me so I can do well on tests.
Example of a study strategy: Write notes down, Talk over material with a friend, take times breaks
- **Specific:** I will look at a minimum of three different study strategies to better understand my options.
- **Measurable:** By the end of the quarter, my overall test average will increase by five points.
- **Achievable:** I will keep a record of all my test scores before and after implementing a new study system. Then, I will compare the averages.
- **Relevant:** I'd like to find a study strategy that plays up my strengths. That way, I can better prepare for tests and show my true knowledge and understanding of the subject.
- **Time-Based:** I have two weeks to explore study systems, then eight weeks to test out the one I think works best for me.

What Will Your SMART Goals Be?

Goal 1:

Goal 2:

Goal 3:

Be Specific!