

SMART-R GOALS

How to Set Smarter Goals to Reach Your Potential

Name	
Date	
Goal	
Reason this goal is important to me	

Step	Attribute of Goal	How this relates to my goal
1	<p><u>Specific</u> Exactly what is it you want to achieve in school or your personal life? Good goal statements explain: what, why, who, where and when. If your goal statement is vague, you will find it hard to achieve because it will be hard to define success.</p>	
2	<p><u>Manageable</u> You must be able to manage and monitor the steps to reach your goal. Good goal statements answer the question: how much time & how many steps will this goal involve. What objectives (steps) do you need to set to meet your goal? How small must the steps be to keep me going?</p>	
3	<p><u>Achievable</u> The goal should be realistic enough to achieve. Unrealistic goals set you up for failure. Raising your grade from a D to an A in one quarter is likely <i>UNachievable</i>. Ensure the actions you need to take to achieve your goal are things you can do and control. Don't have too many goals established at one time! Consider that one of your objectives might actually be a better overall goal at this point.</p>	
4	<p><u>Relevant</u> Your goal must be relevant to you and inspire you to take action, even when the reward seems a long way off. How will you activate yourself to work toward the goal each day?</p>	
5	<p><u>Time-Bound</u> Goals must have a deadline. A good goal statement will answer the question: When will I achieve my goal? Without deadlines, it's easy to put goals off. Make sure your steps to reach the goal are time-bound as well.</p>	
6	<p><u>Rewarding</u> Everyone needs some kind of an external reward to help motivate and activate. What kind of reasonable rewards can you set to help you along the way? If you have trouble with delaying gratification, ask a parent or friend to help you manage your rewards. As you start experiencing success, intrinsic rewards will be easier to come by. Your success will be just as motivating as any external reward.</p>	