**Setting a S.M.A.R.T. Goal**

When setting a goal you want to make sure that it is a S.M.A.R.T. goal. One that is:

- **Specific** - detailed, not vague or confusing
- **Measurable** - the result can be evaluated
- **Acceptable** - it makes sense
- **Realistic** - it’s within reach
- **Time specific** - it has an appropriate target date

**Example:** My goal is to get a 3.5 GPA this semester.

Answer the following questions for the Example above.

What is specific about this goal? ____________________________

What is the measurable component? __________________________

Do you think this goal makes sense? __________________________

Is it a realistic goal to achieve? __________________________

What time frame has been given for this goal? __________________________

After you write your goal statement, ask yourself these five questions about it. If you can answer them simply, then you have written a good SMART goal.

**A strategy to help you achieve your goal is:**

- **Commit** yourself to setting goals.
- **Write** your goals and objectives.
- **Post** copies of your goals where you can see them everyday.
- **Read** your goals often.
- **Practice** visualizing yourself completing your goals.
- **Tell** others about your goals.
- **Reward** yourself for completing activities and objectives leading to your goal.
- **Believe** in your ability to achieve your goal.