S.M.A.R.T. GOALS

**SPECIFIC**
Does your goal clearly and specifically state what you are trying to achieve?
If your goal is particularly large or lofty, try breaking it down into smaller, specific goals.

**MEASURABLE**
How will you (and others) know if progress is being made on achieving your goal?
Can you quantify or put numbers to your outcome?

**ATTAINABLE**
Is achieving your goal dependent on anyone else?
Is it possible to reframe your goal so it only depends on you and not others?
What factors may prevent you from accomplishing your goal?

**RELEVANT**
Why is achieving this goal important to you? What values in your life does this goal reflect?
What effect will achieving your goal have on your life or on others?

**TIME-BOUND**
When will you reach your goal?
Again, if your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.

**My 3 goals for this quarter are...**

1. 

2. 

3. 

**These goals are important to me because:**

1. 

2. 

3. 

**The consequences of not achieving my goals are:**

1. 

2. 

3. 

**What obstacles might get in the way?**
What will I do to overcome these?

1. 

2. 

3. 

**Who and what are my resources to help me to achieve my goals and how?**

1. 

2. 

3. 

**How will I know I have achieved this goal? What will it look & feel like?**

1. 

2. 

3. 

ADAPTED FROM: ACADEMIC SUCCESS CENTER, OREGON STATE UNIVERSITY
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<th>GOAL</th>
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