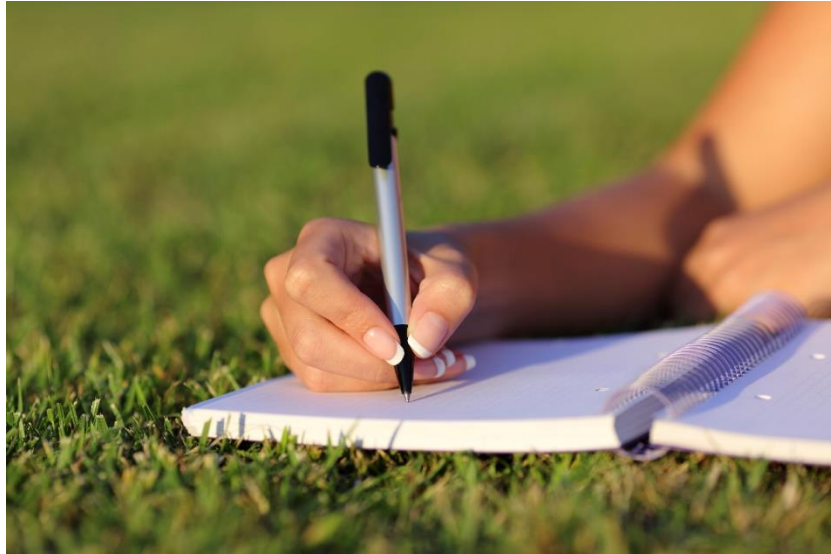


S.M.A.R.T goals for Success



Let's set some goals!

What is your biggest dream? Do you have any goals for school, for your job or career, and for other important things in your life? Make sure there are YOUR goals, not someone else's expectations.

After all, it's about YOU!

All too often people fail to achieve their goals because they were too vague or complicated. Increase your chances of achieving your goals by setting S.M.A.R.T. goals.

S.M.A.R.T goals are Specific, Measurable, Action-oriented, Realistic and Time bound.

S stands for Specific

You should be clear about what you want to happen. What exactly do you want to accomplish?

Not Specific: I want to make good grades

Specific: I want to have a 93 average in science by May

M stands for measurable

You should be able to track your goal. How will you know when you have reached your goal?

Not Measurable: I want to make a lot of free throw shots

Measurable: I want to make at least 9 out of 10 free throw shots in the next basketball game

A stands for Action-oriented

What small specific actions must you take to reach your goal?

Wrong: In order to make a 93 average in science by May 26th 2007 I must study

Right: In order to make a 93 average in science by May 26th 2007 I must read over my science notes every night for 20 minutes

R stands for Realistic

Can you achieve these goals? Is it doable?

Unrealistic: I want make 200 free throw shots in one game

Realistic: I want to make 8 out of 10 of the free throw shots that I attempt

T stands for Time Bound

Set a target time for reaching your goal. Keeping that deadline in mind will help you stay on track and motivated.

No time: I want to learn to play the piano

Time: I want to learn to play "Twinkle Twinkle Little Star" by June 3rd.

Here are some more examples of S.M.A.R.T goals:

Original Goal: I will be a healthier person.

SMART Goal: I will eat one piece of fruit at lunch every day for 1 month.

Original Goal: I will lose weight

SMART Goal: I will take a 30 minute walk after school 3 times a week for 3 months.

Now go set your own S.M.A.R.T. goals!