Goal setting is a powerful tool that can help you build your future, be it school related, work related, or personal. Goal setting is often difficult but it is almost always worth it in the end. SMART goals are an effective way of making sure that happens.

**SPECIFIC**

Goals should be simple and clearly written. Answers what, who and where?

*Example:* I want to save $150 by the end of next year.

**MEASURABLE**

Goals should be measurable so you can see the steps you’ve taken to get there.

*Example:* I’ll need to save $3 from my allowance each week.

**ATTAINABLE**

Goals should be realistic so you don’t end up discouraged.

*Example:* If my allowance is $5 a week and I save $3 a week, I won’t have much left over for other things I want.

**RELEVANT**

Goals must be related to what you want to achieve.

*Example:* Saving $150 or more each year will be a big help in paying for college!

**TIMELY**

Goals should be linked to a time frame. Try breaking your goals into pieces so they’ll be easier to accomplish.

*Example:* By making monthly deposits into my savings account I plan to save $150 by Dec. 31.

Adapted from UCanGo2 Middle School Student Workbook. 2013. Oklahoma College Assistance Program.
How can you apply the SMART principles to your own goal?
In the blanks below write down your Specific, Measurable, Attainable, Relevant, and Timely College or Career GOAL.
Cut this out and keep it handy as you work to achieve your goal!

Today’s Date_________ Target Date_________ Start Date_________ End Date_________
Goal:____________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Is your goal SMART?
Specific:  What will you complete?____________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Measurable:  How will you know you’ve reached your goal?_______________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Attainable:  Is this goal realistic? Do you have the necessary resources available to help you achieve this goal? If not, where will you get the resources?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Relevant:  Why is this goal important to you?_____________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Timely:  When will this goal be achieved?_________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Adapted from the Scripps Center for Integrative Medicine Workbook (2012), page 2.