**SMART Goal Setting**

T

R

A

M

S

How long will it take to reach my goal?

Goals should have a length of time determined.

How will meeting this goal help me?

Make sure the idea is relevant to your life.

What do I want to accomplish?

Give specifics on the idea & purpose.

How will I know I met my goal?

Measure your idea in time, amount, etc…

Wright State University – Lake Campus

SPECIFIC

MEASURABLE

Student Success Center

ATTAINABLE

RELEVANT

TIME

**S**

**M**

What steps do I need to take to reach my goal?

The idea should be attainable.

**A**

**R**

**T**

**R**

**SMART Goal Setting**

My Goal:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Steps I need to take to achieve my goal: