SMART Goals Handout

Start the semester off strong by setting goals.

Use the SMART goal format to create goals.

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| **Specific-**What is the specific behavior or task you want to target? |
| **Measurable-**Quantify to ensure you are making progress. |
| **Attainable-**Can you achieve this goal? If so, how will you achieve? What resources do you need? |
| **Relevant-**How does this goal fit with your current values and plans? |
| **Time Bound-**When do you plan to complete it? |