

SET SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward. Just make sure that your goals are SMART goals.

S

Specific

Specific goals are well-defined and clear-cut. Instead of *"I want to do better in school,"* a more specific goal would be *"I want to earn a 3.0 GPA."*

M

Measurable

Measurable goals help you keep track of how well you're meeting your goals. Instead of *"I want to get in better shape,"* a better goal would be *"I will exercise 30 minutes each day."*

A

Achievable

Achievable goals set you up for success because they're something you can realistically accomplish. Improving a letter grade in a class is achievable. Raising a 2.0 GPA to a 4.0 in one term is not.

R

Relevant

Relevant goals ensure that you're improving your life in some way. For example, a goal that's focused on improving your math grade is more relevant than beating a high score on a video game.

T

Time-bound

Time-bound goals have a definite time or date they are to be accomplished. *"Complete my science project by Friday"* is a much better goal than *"Complete my science project."*