Great goals are: S.M.A.R.T.
S: Specific
M: Measurable
A: Achievable
R: Realistic
T: Time-bound

Example of a GOOD goal:
Raise my math grade from 80% to 90% by the end of the semester.

Example of a BAD goal:
Do better in math.

**See back for more information on being S.M.A.R.T.**

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**MY GOALS**

**Short-Term Goal**
(something achievable in the next month)

My short-term goal is

________________________
________________________
________________________
________________________
________________________
________________________
________________________
________________________

Actions to take to achieve my goal:

(1): __________________________
(2): __________________________
(3): __________________________
(4): __________________________
(5): __________________________

**Long-Term Goal**
(something that will take longer than a month)

My long-term goal is

________________________
________________________
________________________
________________________
________________________
________________________
________________________
________________________

Actions to take to achieve my goal:

(1): __________________________
(2): __________________________
(3): __________________________
(4): __________________________
(5): __________________________
Here are some more examples to help you set S.M.A.R.T. goals. :-)