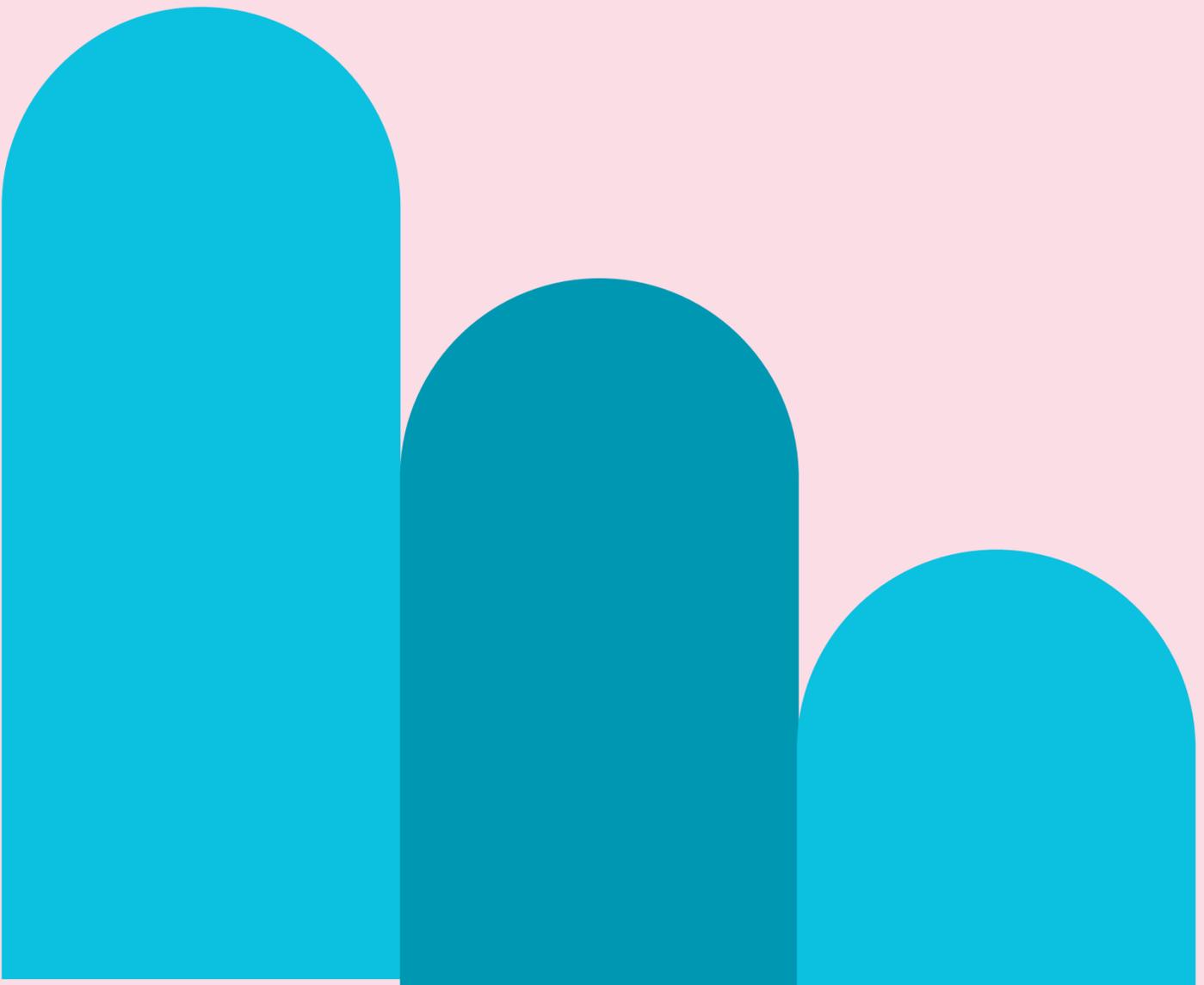




S M A R T

Goals

Introduction



What is a goal?

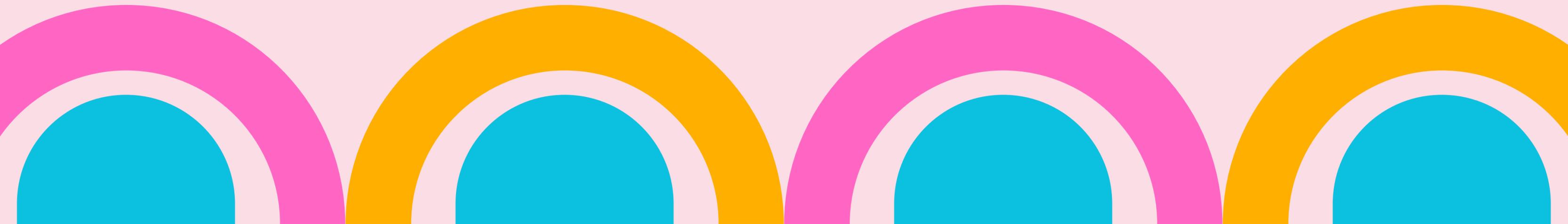
A goal is a clear statement of what you want to achieve.

Short term goals can be steps along the way to achieving a long term goal.

Why Set a Goal?

Setting goals is an essential part for growth and development:

- It personalizes the learning process based on the your needs.
- It creates intention and motivation that empowers progress.
- It establishes accountability to better identify responsibility.
- It provides a foundation for future decision making.



To make a meaningful and effective goal, we can use the SMART Goal criteria.



Specific



Measurable



Attainable



Relevant



Timely



Specific

What needs to be accomplished and what steps need to be taken to achieve it? Who is responsible?



Measurable

When will you know when you have reached your goal? Setting clear benchmarks will allow you to track your progress.



Attainable

Is this a goal that you can reasonably achieve? What skills and experience do you have to complete this goal? Try to strike a balance between challenging and realistic.



Relevant

Why are you setting this goal? Will achieving it help you now or in the future? Think about the big picture. Your goal should be motivating, not frustrating.



Timely

When will this goal start and end? Set both an endpoint and checkpoints throughout. Incremental deadlines can help you stay on track.

Setbacks

Unexpected events are a reality of life.

It is okay if you need to make adjustments to your goal.

With each checkpoint you achieve, ask yourself if the parameters you set are working for you.

What obstacles may you experience? What are some potential solutions to those obstacles?



Conclusion

SMART goals can help encourage behaviors you want. They can guide your focus and lead to higher levels of motivation. They also foster a sense of accountability.

What *SMART* goal can you set for yourself today?

