

Set Your Own SMART Goals

Specific
Measurable
Action oriented
Realistic
Target date

Personal Goal

I will _____

When _____

Academic Goal

I will _____

When _____

Career Goal

I will _____

When _____

Goal Setting Starters

Take some time to reflect on the following thoughts. Use them as a way to get ideas for setting your own goals.

- I would like to finish
- One habit I would like to change is
- By the end of this year, I hope to
- I'd like to have enough money to
- What I want to change most about myself is
- What I want to do most this school year is
- I think the most important thing in life is
- In _____ class, I would like to earn a (grade)
- I'd like to be the kind of person who
- In five years, I would like to
- All of my life I have wanted to
- After graduation I plan to
- One of my strengths I would like to develop further is
- A habit that I want to change is
- Today I will: