

SMART Goal Setting Formula

Setting personal goals is an important step in moving from information to transformation – you need to have a vision of what you are working towards. The following are components and steps of setting an effective goal – one that describes performance standards that set us up to be successful in setting and achieving our goals.

The SMART acronym can help us remember these components.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

- State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools" is intentional and powerful.
- Avoid using negative language. Think positive!
- Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.
- Write down your goals, and put them where you will see them. The more often you read your list, the more results you get.
- Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.

Example Goal: I want to become more engaged in my community.	
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