



## What are S.M.A.R.T. Goals?

S.M.A.R.T GOALS	How to plan your goals
Specific	What exactly needs to be accomplished? Who else is involved? Where will this take place? Why do I want this goal?
Measurable	How will I know that I have succeeded? How much change needs to occur? How many actions and accomplishments will I set up for myself?
Attainable	Do I have, or I can I get, the resources needed to achieve this goal? Is the goal reasonable stretch for me? (is it too easy? Or too much) Are the actions I plan to take likely to bring success? Are the actions I plan to take likely to bring success?
Relevant	Is this worthwhile goal for me right now? Is it meaningful to me-or just something that others influenced me to do? Would it prevent me from reaching a more important goal? Am I willing to completely commit to this goal?
Time-Bound	Establish a deadline. When do I take action? How can I start today?



### **Analyze Using S.M.A.R.T. Goals**

*Breakdown the following situation using the S.M.A.R.T. Goals format.*

Sophia, an eighth grader, wants to pursue a career in the field of sports medicine. After talking with adults in different areas of sports medicine, reading information in books and journals, and identifying her strengths and weaknesses, she has narrowed down his choice to physical therapy, perhaps even owning her own company someday. During the summer, she plans to volunteer at the physical therapy office close to her home. By the time she is ready to work part-time, she will have gained exposure to what the job might be like. Based on this, she has written goals that will guide her desire.

<b>Specific</b>	
<b>Measurable</b>	
<b>Attainable</b>	
<b>Relevant</b>	
<b>Time Bound</b>	