Name:

IWA 101 Cycle/LAP 1

Class Section:

Date:

S.M.A.R.T Goals

Specific:

* What: What do I want to accomplish?
* Why: Specific reasons, purpose or benefits of accomplishing the goal.
* Who: Who is involved?
* Where: Identify a location.
* Which: Identify requirements and constraints.

Measurable:

* How much?
* How many?
* How will I know when it is accomplished?
* Indicators should be quantifiable

Achievable:

* How can the goal be accomplished?
* How realistic is the goal based on other constraints?

Relevant:

* Does this seem worthwhile?
* Is this the right time?
* Does this match our other efforts/needs?
* Are you the right person?
* Is it applicable in the current socio-economic environment?

Time-bound:

* When?
* What can I do six months from now?
* What can I do six weeks from now?
* What can I do today?

Example:

Goal: I want to get good grades

S: I want to earn As in my classes. I want to make First honors.

M: I will earn at least a 90% on all tests and homework. I will turn work in on time. I will earn

participation points by tuning in and speaking up in class.

A: I will check PowerSchool weekly. I will complete extra credit. I will study 2 hours a night. I will

work with a tutor as needed. I will work with Mary as my accountability partner.

R: I can do this as a high school student heading to college. This will prepare me for college.

T: I will monitor my grades regularly. I will check with my teachers right away if I have any concerns.

I will stop procrastinating immediately.

Revised Goal: I will earn First honors in Spring 2016 by doing homework on time and to the best of

my ability, asking for help when needed.

Starting below, make notes about your goal using the SMART format. Write the general goal first, then list notes under each letter. At the end, restate your goal more clearly along with a date you would like to achieve the goal. Adjust the spacing as necessary to suit your needs.

Goal:

S:

M:

A:

R:

T:

Restated goal:

Date you plan to achieve the goal: