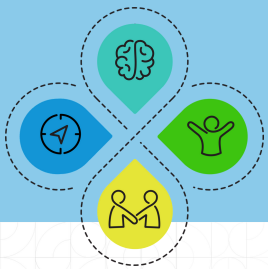
# SMART Goal Setting



Setting goals for yourself is important. It can also be a great strategy to help you clarify your sense of purpose. The trick is to set attainable goals you'll achieve instead of setting yourself up for disappointment. Each time you achieve a goal your brain releases dopamine which leads to increased motivation to accomplish more goals (Mehta, 2013).

## Here are some strategies to make your goals more attainable:

**Be specific** – Make your goal detailed and actionable like wanting to get a specific amount of sleep during finals week.

**Make it measurable** – add realistic and quantifiable details to your goal to measure your success. A measurable goal may look like getting outside for 10 minutes every day during finals week.

**Make it actionable** – Improve the odds of achieving your goal by making it actionable; don't keep it vague like "I want to do well on my exams."

**Keep it relevant** – Don't set goals for yourself that don't align with your values, if you don't play football then don't set a goal to become an NFL player.

**Set a timeframe** – Use a specific timeframe, such as wanting to study for 3 hours a day for 5 days before exams, to help make your goal realistic and not overwhelming.

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## Goals Worksheet:

**Set your goal 1:**

_____

_____

_____

**Try to add elements to make it:**

Specific: _____

Measurable: _____

Actionable: _____

Relevant: _____

Time-bound: _____

**Set your goal 2:**

_____

_____

_____

**Try to add elements to make it:**

Specific: _____

Measurable: _____

Actionable: _____

Relevant: _____

Time-bound: _____

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