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: _____________________________________________________________