

SMART Goals

SMART is an acronym. It comes from the first letters in the words:

Specific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-bound

SMART is a technique used to help you set good goals. Here's how:

<p>Specific</p> <p style="text-align: center;">↓</p>	<p>A good goal is clear and easy to describe, not vague or general.</p> <p><i>I want to get more education.</i> is a general goal.</p> <p><i>I want to get my grade 12 diploma.</i> is a specific goal.</p>
<p>Measurable</p> <p style="text-align: center;">↓</p>	<p>You should know for sure when you reach your goal.</p> <p><i>get more education</i> – How will you know when you've arrived?</p> <p><i>get grade 12 diploma</i> – You'll know when you have the diploma in your hand.</p>
<p>Attainable</p> <p style="text-align: center;">↓</p>	<p>Is it possible for you to reach this goal? Do you have time to spend taking courses? Could you arrange for childcare? Is there a program in your area where you could do high school credits?</p>
<p>Relevant</p> <p style="text-align: center;">↓</p>	<p>Is this something you really want to do or is it something someone else told you that you should do? Will achieving this goal make life better for you? Will it be useful?</p>
<p>Time-bound</p> <p style="text-align: center;">↓</p>	<p>A good goal has a definite beginning and a definite end. It should not be something that you will start 'sometime soon' and finish 'one day'. You would have to say when you would enrol in the high school program and when you would aim to graduate.</p>
<p style="text-align: center;">↪</p>	<p><i>I want to get my grade 12 diploma in two years. I will start in September 2009 and graduate in June 2011.</i></p>

Now try writing a **SMART** goal for yourself.

Your goal statement, first try:		
Is your goal Specific ?	yes <input type="checkbox"/>	no <input type="checkbox"/>
Is your goal Measurable ?	yes <input type="checkbox"/>	no <input type="checkbox"/>
Is your goal Attainable ?	yes <input type="checkbox"/>	no <input type="checkbox"/>
Is your goal Relevant ?	yes <input type="checkbox"/>	no <input type="checkbox"/>
Is your goal Time-bound ?	yes <input type="checkbox"/>	no <input type="checkbox"/>
If you answered 'no' to any of these questions, re-write your goal statement to make it SMART .		