



How to Set SMART Goals

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SMART Goals Are:



Normal Goal: I want to get in shape	SMART Goal: I want to be able to run a 10 minute mile easily by the March 31 st I currently run a 12 minute mile, so shaving 2 minutes off my time is doable! I will run for 2 miles, four times a week on my treadmill at home, before I get ready for work. This is important to me because I know it will keep my stress levels down. I will celebrate my success when I hit 11 minutes, too!
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Using **SMART** goals will:

- give you clarity about what you want to accomplish
- make you think about why you're trying to achieve each goal
- make you define the activities you need to complete
- keep you motivated by focusing on the end result
- make you work toward a specific deadline

**Taken from Teen Goals Coaching Services www.teensmartgoals.com