



McCaskill Family Services, PLLC
Pediatric Psychologist & Psycho-Educational Evaluation Specialists
 Main Business Office: 409 Plymouth Rd., Suite 250, Plymouth, MI 48170
 Brighton Location: 2040 Grand River Annex, Suite 300, Brighton, MI 48114
 Phone: (734) 416-9098, Ext. 1 FAX: (734) 416-0158
www.mccaskillfamilyservices.com office@mccaskillfamilyservices.com

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!
--	--

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