

McCaskill Family Services, PLLC

Pediatric Psychologist & Psycho-Educational Evaluation Specialists

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SMART Goals Are:

Specific

What exactly do you want to achieve?

Good goals area clear and defined

Measurable

How will you know when you've achieved it?

You will need to be able to track daily progress

Achievable

How can the goal be accomplished?

List the specific tasks you will need to complete

Relevant

Why is this goal important to you?

Does this goal help add to your plans for the future?

Time-bound

When do you want to achieve this goal?

Set your target date so you can guide your work toward a successful completion

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