

## Bobcat Breakthroughs

SMART Goals

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A SMART goal includes the following components:

**Specific:** A SMART goal identifies a precise action or event that will take place.

**Measurable:** The description of a SMART goal and the results should be quantifiable.

**Achievable:** A SMART goal should be attainable.

**Realistic:** A SMART goal should require you to stretch beyond your normal routine and regular abilities but should also allow for probable success.

**Timely:** A SMART goal should state the time period in which it will be accomplished.

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**Part 1: Making goals SMART**

1. Rewrite this goal to make it more specific: I'm going to study harder. \_\_\_\_\_  
\_\_\_\_\_

2. Rewrite this goal to make it measurable: I'm going to become a better student. \_\_\_\_\_  
\_\_\_\_\_

3. Rewrite this goal to make it more achievable: I'm going to boost my accumulative GPA to a 4.0 by the end of this semester. \_\_\_\_\_  
\_\_\_\_\_

4. Rewrite this goal to make it timely/time-specific: I'm going to improve my grade in my math class. \_\_\_\_\_  
\_\_\_\_\_

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**Part 2: Write down four goals:**

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

Choose one of the goals above: \_\_\_\_\_

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**Part 3: Break it into smaller steps that are measurable and attainable:**

Step	Deadline

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**Part 4: What resources and/or people can help you achieve your goal?**

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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**Part 5: Identifying and Overcoming Barriers**

Possible Obstacle	What I'll Do to Work Through This Obstacle

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**Part 6: How will you know you have achieved your goal? How do you think you'll feel when you reach this milestone?**

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