

S.M.A.R.T. GOAL SETTING

Goal setting is important to the continuous development that takes place within the Balanced Man Program. To ensure successful goal achievement, it's important to set goals that are focused, intentional, and S.M.A.R.T.

S.M.A.R.T. GOALS	
S	<u>Specific</u> - Expresses what is expected, why it is important, who is involved, and where it will take place.
M	<u>Measurable</u> - Concrete criteria for measuring progress towards goal attainment.
A	<u>Attainable</u> - Expresses the reality of goal attainable, should strike balance between being too extreme or below standard performance.
R	<u>Relevant</u> - Expresses how the goal relates to your interests, passions, and who you are.
T	<u>Timely</u> - Provides a time frame for goal attainment.

S.M.A.R.T. goals help keep you focused on the goal by providing structure and depth. See the following example:

Regular goal framework: Save money.

S.M.A.R.T. goal framework: Save \$100 each month for an entire year (timely) for a total of \$1200 (specific/measurable). I will save money each month by eating out less and auto depositing a portion of each paycheck into savings (attainable). These savings will be used to help support my trip for study abroad necessary to complete my major (relevant).

Using the S.M.A.R.T. goal framework, develop goals of your own below:
