SETTING GOALS

YOUR VISION

What’s on your horizon?

SCHOOL

WORK

FAMILY
SMART GOALS

‘Only those who risk going too far will ever know how far they can go.’

Specific
Measurable
Attainable
Relevant/Realistic
Time Specific
Length

- Daily
- Short-term—less than or equal to one year
- Long-term—greater than one year
General Characteristics

- Written
- Changeable
- Positive/affirmative
- Short-term/daily goals can help to attain a long-term goal.

I will __(event)__ by __(date)__ by ____(how)__

By ____(date)__ I will __(event)__ by ____(how)__. 
Examples

- I will buy a new car by June 1, 2016, by saving $50 a week for a down payment.
- I will shop for a used car every day by reading all the car ads in the daily newspaper. (okay, but could be better)
- I will do better on my math test on Wednesday. (Not specific or measurable)
Practice

- Write a short-term goal for school.
- Write a long-term goal for school.
Homework

• Write 5 short-term goals.
• Write 3 long-term goals.
• Write a letter to yourself that will be mailed in one year. Set some goals for yourself.
  ➢ Enclose it in a self-addressed, stamped envelope.
Homework

- Complete the Chapter 1 fill-in
- Make an appointment with a counselor to prepare your educational plan—due by final