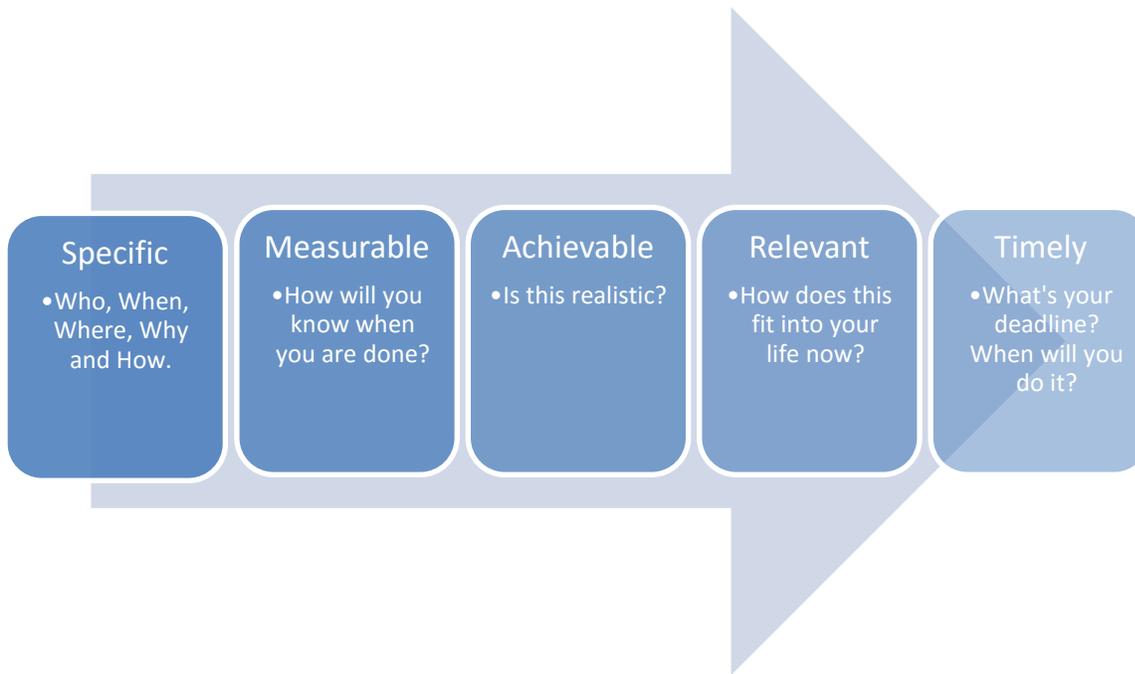


INTEGRATION

SMART Goal Setting



Be sure to check that all goals are **SMART**. These are your goals and you need to really want to achieve them. It should not be something that someone else wants you to do.



Keys to successful goal achievement:

- Be sure that it is truly your goal, not someone else’s dream.
- Be sure that you have as much control as possible over the requirements of the goal so that someone or something else cannot defeat your efforts.
- Start with smaller goals that you can achieve and then raise the bar with regard to difficulty.
- Write down the goals or draw a picture. Otherwise, it’s only a dream.
- If you have several goals, rank them by importance and tackle them one at a time. Don’t get overwhelmed.
- Be as specific as possible. Be sure that your goal is very detailed and that you can see it clearly. What does success look like? Draw a picture.
- Write the goal in a positive way. “Execute this technique well” is much better than, “Don’t make this stupid mistake”.
- Remember, if you don’t achieve a goal, you will have learned from trying and can revise the goal.

“Obstacles are those frightful things you see when you take your eyes off your goal.”
Henry Ford

INTEGRATION SMART Goal Setting



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Personal Goals	Long Term	One Year	This Month
Academic Goals	Long Term	One Year	This Month
Career Goals	Long Term	One Year	This Month

Quotes for Goal Setting

There will come a day when you cannot do it. Today is not that day. Today you are alive and strong.

When you seek something with passion and persistence, it seeks you.

You never have to wait until tomorrow to take the most important step – the NEXT STEP.