

MAKE YOUR GOALS



1. What is your goal?

Write a **Specific** goal. What do you want to achieve?



2. How will you measure or track your progress?

Plan how to **Measure** success. Are there any benchmarks to reach?

Try to use numbers like test scores or number of hours spent improving.



3. Is this goal realistic? What steps will you take to accomplish it?

Set **Attainable** expectations. The goal should be something you reasonably believe you can achieve.



4. How will achieving this goal impact you?

Keep it **Relevant**. Identify why the goal matters and why it is personally important.



5. How long will it take to accomplish this goal?

Make it **Time Bound**. Mark down a date to give yourself a deadline.
