

***ARE YOUR  
GOALS  
SMART?***



**SPECIFIC**

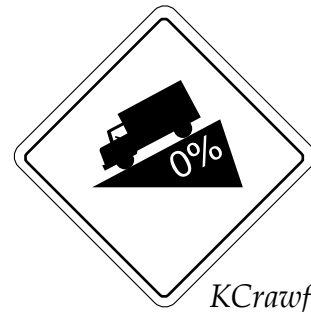
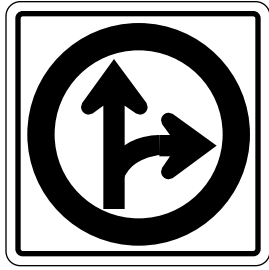
**MEASURABLE**

**ACTION ORIENTED**

**REALISTIC**

**TIMELY**

# *A Road Map to Success*

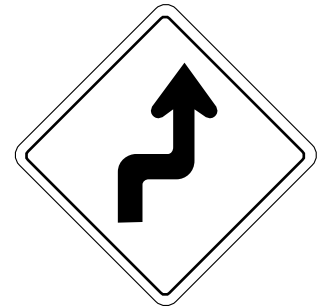


*KCrawford 1984*

Could you image taking a driving vacation without a map? Think of all of the wasted valuable time that would be spend trying to find your way. The same thing can happen to you if you haven't set some goals.

One of the most important aspects of success is the ability to define and achieve goals.

Goals are specific, realistic reminders of the accomplishments you visualize.



You can set:

- ~ long-range goals (collage, career)
- ~ intermediate goals (this class, this semester, this season)
- ~ short-range goals (this week or today)

(example: Your overall goal might be to be accepted at a certain college; your sub-goals might be to get all As and Bs this semester, get involved in clubs, win a scholarship, and so on....)

Goals are important in academics, student leadership and personal affairs. Apply goal setting to all areas in your life and your group activities. Write down your goals and refer to them often.



# Goal and Action Plan

My Goal:

How I will obtain my goal (action plan):

- 1.
- 2.
- 3.

My Goal is: (check all that apply)

- realistic and attainable
- challenging
- target date for completion
- measurable results
- clear, specific and understandable
- meaningful and desirable
- beneficial
- action plan has at least two methods to help attainment of goal

Comments that support your  $\checkmark$  of each statement above: