

# Goal Setting: SMART GOALS

Academic Success Center  
Iowa State University

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**Part 1.** Write Down 4 Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Pick one goal from above: \_\_\_\_\_

<b>S.M.A.R.T.</b> <b>Goals</b> <b>S</b> pecific <b>M</b> easurable <b>A</b> chievable <b>R</b> elevant <b>T</b> imely
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**Part 2.** Break it into smaller steps—remember these are measurable and attainable.

Step	Time Needed (if applicable)	Deadline

**Part 3.** What are resources, places and/or people who can help you in achieving this goal?

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\_\_\_\_\_

\_\_\_\_\_

What obstacles might get in your way?

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\_\_\_\_\_

What will you do to overcome these obstacles?

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\_\_\_\_\_

**Part 4.** How will you know you have achieved this goal? What will it look like and what will it feel like?

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