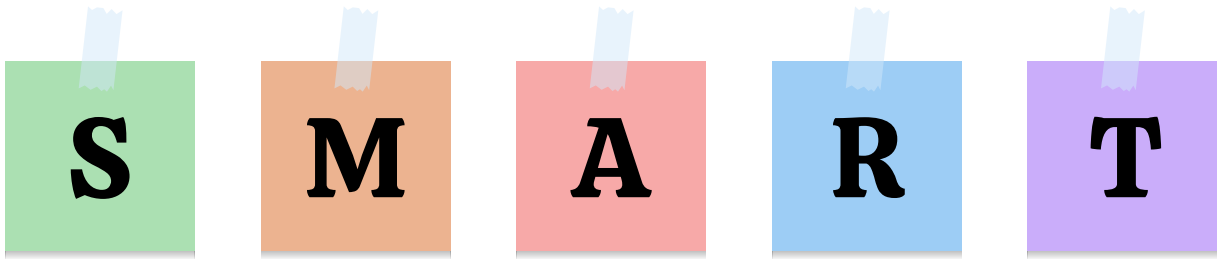


# MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to boost your academic performance and enhance motivation. Set yourself up for success by making your goals SMART!

**SPECIFIC**  
What is your goal?

**MEASURABLE**  
How will you keep track of your progress?

**ATTAINABLE**  
How will you achieve your goal? Make a plan!

**RELEVANT**  
How will this goal help you?

**TIMELY**  
When will you achieve this goal?

**S** My goal is: \_\_\_\_\_  
\_\_\_\_\_

**M** I will track my progress by: \_\_\_\_\_  
\_\_\_\_\_

**A** I will achieve this goal by doing the following: \_\_\_\_\_  
\_\_\_\_\_

**R** This goal helps me because: \_\_\_\_\_  
\_\_\_\_\_

**T** I will complete this goal by (date): \_\_\_\_\_  
\_\_\_\_\_