

# Making Your SMART Goal

We define what **success** means for us. Therefore, success is knowing that we did our best, to be the best that we are capable of becoming. Being successful in any endeavor is a process and takes time. The SMART Goal process helps you define success by creating "smart" goals!

Good goals require us to change our behaviors in a positive way. To get started use the first page to help you brainstorm ideas for goals. Good luck!

**Brainstorm a goal:**

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**What behaviors or actions do you need to add or modify for this goal?**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**What is an obstacle(s) that may stop you?**

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**How will you plan for this obstacle(s)?**

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**Who is your support? What resources can you use to help you?**

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# SMART Goals

Goal setting is an important part of being a student-athlete. The goal setting process takes your dreams and aspirations and helps you turn them into a plan you can act on. As a student-athlete our team is going to challenge you to create academic, athletic, and personal goals and to use the SMART Goals process to work towards them.

The SMART Goal process uses the five letters in the word "smart" to guide us in creating our own goals and action plan.

## S

**Specific.** Our goal must be specific and include each element of "smart" in them when written out. Our goal is our plan. If it is too vague we won't know what to do in order to achieve it.

## M

**Measurable.** Our goal must have a way for us to track our progress. In running, we can usually use our training log as a way to record our progress. For instance, if your goal was to try and run for 3 miles straight without walking, you can use your comments in your training log to write down how you did each day and week.

## A

**Action Oriented.** Our goal needs to include steps or "action plan" that help you meet it. You cannot set a goal without also creating at least three action steps. Action steps are things you can do each day or week that prepare you and move you closer towards your goal. Each action step should be something you can track in a journal or training log. Tracking your steps is your "proof" that you did what you said you would do but it also lets you review your progress at the end of your time frame and look for areas of improvement.

## R

**Realistic & Relevant.** Our goal should be realistic for us to achieve during our time frame. Goals are meant to be challenging but not so out of reach that we give up right away. If you have really big goals that might take more time, create smaller intermediate goals first. Goals also need to be important to us. A few reasons people quit goals is because they chose one that was too hard or didn't interest them. Pick a goal that will make you feel proud and good about yourself after you get close to it or achieve it.

## T

**Time Frame.** Our goal always needs to have a realistic time frame where we stop and evaluate our progress. As student-athletes our time frame is usually the semester. Three to four months is the longest you should go before evaluating your progress. You can break up big goals into smaller intermediate goals each semester.

Now you are ready!

**Your Name:**

**Date:**    /    /

**Your Goal:**

**This Goal Motivates Me  
Because:**

**Action Plan:**

**Action Item #1 -**

**Action Item #2 -**

**Action Item #3 -**

**Signature:**