

# S.M.A.R.T. Goals for Success

**Prioritize and make the best use of your time with goal-setting.**

**Use this worksheet to create a S.M.A.R.T. goal.**



## **Specific**

**Describe who, what when where and why.**

**Example:** I will go to bed every night at 10 p.m. and wake up at 6 a.m. starting this Monday so that I can be more alert each day.

## **Measurable**

**Determine how to measure your progress using at least two metrics.**

**Example:** How many days per week is the sleep time kept? How alert do you feel on a scale from 1-5 each day?

## **Attainable**

**Set goal just beyond your reach and assess if it is possible to achieve.**

**Example:** The sleep goal could be very hard to accomplish if your bedtime and waking time varies daily. A revised goal in this case might reflect attaining a 10 p.m. to 6 a.m. sleep time 4 of 7 days per week for the next four weeks. Once this goal is met, another goal can be set for 5 or 6 days per week.

## **Realistic**

**Evaluate how your goal will fit into your current life.**

**Example:** You have a night class from 5 to 8 p.m. A 10 p.m. bedtime may not provide enough time to get home from class, eat, relax and do homework. A more realistic goal might be to sleep from midnight to 8 a.m.

## **Timely**

**Calculate task and goal completion.**

**Example:** The sleep goal starts on Monday. By the end of the semester, I will consistently go to bed at 10 p.m. and wake up at 6 a.m. at least five days per week, so that I can be more alert.

**For more information about S.M.A.R.T. Goals, visit [wellness.asu.edu/explore-wellness/set-wellness-goals](https://wellness.asu.edu/explore-wellness/set-wellness-goals).**