



## Goal Setting Activity: Make sure they're SMART!

Step 1: Set SMART goals.

Step 2: Identify each goal as a short-term, intermediate, or long-term goal.

Step 3: Assign a priority level to each goal: high, medium, or low.

Step 4: Set a target date to complete each goal.

Step 5: Complete the Goal Action Plan (next page)

Goal	Priority	Target Date
	Short-term (1 year or less)	
	Intermediate (2-5 years)	
	Long-term (6+ years)	

## **Goal Action Plan:**

### **Goal**

For the scope of the activity, students should select one goal from the first page. However, help them understand that it would be beneficial for them to work through the action plan with all of their goals.

### **Resources Available**

Prompt students to think about what resources are available to them, on and off campus, to help them achieve their goals.

### **Target Date**

When do they want to have accomplished the goal? Remind them of the importance of “specific” when it comes to creating SMART goals.

### **Action Plan**

This is the “next steps” portion of the plan. Students should write all of the steps they should take to accomplish their goal.