**DEFINE YOUR SMART GOALS**

Use this worksheet to help you determine and define your SMART goals. Establishing goals can help keep you focused and motivated when it comes to your classes.

### SPECIFIC

**What is your goal? What do you want to accomplish? Make your goals as specific as you can!**

### MEASURABLE

**How will you measure and keep track of your goal?**

### ATTAINABLE

**What steps are you going to take to reach your goal? What is your action plan?**

### RELEVANT

**Why does this goal matter to you?**

### TIME-BOUND

**How long will it take to complete this goal? When do you want to meet your goal?**

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**UND Learning Services**

University of North Dakota