SMARTR Goals

Specific, Measurable, Action, Realistic, Timed, Rewarded

SMARTR is an acronym for Specific, Measurable, Action-oriented, Realistic, Timed, and Rewarded. Goals set using these six characteristics are much more likely to be achieved than general goals which are often without focus. We can be easily distracted when trying to accomplish general goals, but setting goals the SMARTR way means that we are much less likely to lose focus and much more likely to be successful.

Try it! Rather than writing a general goal such as “Read my Advanced Health text” try setting a SMARTR goal such as:

“Read pages 105-118 of Advanced Health text and make notes for study using the SQ3R method on Monday from 7-9; if this work takes longer then reassess time commitment for following week’s reading. Watch movie as a reward.”

Try setting a SMARTR goal for the year:

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Try setting a SMARTR goal for the term:

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Try setting a SMARTR goal for the week:

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