Obstacles, Motivation and SMART Goals

What are three obstacles you faced last semester?
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

What are three things that motivate you?
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

SMART Goals:

S-Specific: Clear and concise
M-Measurable: Can be monitored for progress
A-Attainable: One that you can achieve
R-Relevant: Making sure the goal is realistic/relevant to you or the situation
T-Time limited: Set a specific date to complete the goal

2 SMART Short-term goals
1.  ____________________________________________________________
2.  ____________________________________________________________

2 SMART Long-term goals
1.  ____________________________________________________________
2.  ____________________________________________________________