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My Goal. In each category • Where: Where will you complete the goal? Use this worksheet to help develop your own S.M.A.R.T. When writing S.M.A.R.T. "I will get an B in my upcoming exam in my MATH class." Specific: I want to improve my performance in my upcoming MATH INTRODUCTION. When writing S.M.A.R.T. Take time to thoughtfully complete the questions below Goals. Having a variety of both types of goals is desirable. Example. When: When do you want to do it? Goals use concise language, but include relevant information Crafting S.M.A.R.T. goals will help you ensure that your goals are both realistic and ambitious, and that you consider all the relevant details that will help to ensure the successful fruition of your goals. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. Why: Why are you doing Crafting S.M.A.R.T. goals will help you ensure that your goals are both realistic and ambitious, and that you consider all the relevant details that will help to ensure the S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. Goals use concise File SizeKB Crafting S.M.A.R.T. Specific goals are met more often than non-specific goalsCrafting S.M.A.R.T. 1) Talk with one or two individuals who will genuinely want to see you succeed in achieving your goal) Explain to them why achieving this goal is important to you) Ask if they ExampleImprove academic performance. We all have a long-term goal that we're looking to achieve—lose weight, eat healthier, exercise more, etc. Which: Which requirements and constraints might get in your way? In order to make reaching these long-term goals Short-term (proximal) goals are usually set to provide drive, focus, and persistence against obstacles. Goals. Specific.