

Live Well to  
Learn Well

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# S.M.A.R.T. Goals

Use this worksheet to help develop your own S.M.A.R.T. Goals.

|  | Example   | My Goal |
|--|---|---------|
| <b><u>S</u>pecific</b>   |   |         |
| Specific goals are met more often than non-specific goals.<br><br>Answer the “W” questions: Who, What, Where, When, Why.   | Study more (non-specific) vs. Study for two hours on M/W/Th between the hours of 7–9 p.m. in the library (specific).  |         |
| <b><u>M</u>easurable</b>   |   |         |
| How will you know when you have met your goal?<br><br>How will you measure your success?   | Track number of nights I go to the library and how long I stay. Consider 80% success (5-6 hours).   |         |
| <b><u>A</u>ttainable</b>   |   |         |
| What will help you meet this goal?<br><br>How can you reduce barriers?   | Ask a friend to come with me. Make sure I eat dinner before 7 p.m. Stay organized. Silence my phone before studying.  |         |
| <b><u>R</u>ealistic</b>  |   |         |
| Aim high, but not too high.<br><br>Consider goals that can reasonably be met given your personal situation, time constraints, etc.<br><br>Start with smaller goals and work up to bigger ones. | These days/times fit into my schedule given my other obligations and need for social time. Before starting my goal, I will practice going to the library once a week and stay for at least an hour. |         |
| <b><u>T</u>imely</b>   |   |         |
| Determine a reasonable timeline for your goal.<br><br>Do you want to begin this week? next month?  | I will start my goal in two weeks. I will try to meet my goal for 3 weeks and then evaluate my success.   |         |