

Study and Test Goals

Use the S.M.A.R.T. mnemonic to set goals that are:

- S Specific
- M Measurable
- A Attainable
- R Relevant
- T Time-bound

For example, instead of having “to sail around the world” as a goal, it is more powerful to say, “To have completed my trip around the world by December 31, 2015.” Obviously, this will only be attainable if a lot of preparation has been completed beforehand!

1st Period: _____

2nd Period: _____

3rd Period: _____

4th Period: _____

5th Period: _____

6th Period: _____

7th Period: _____
