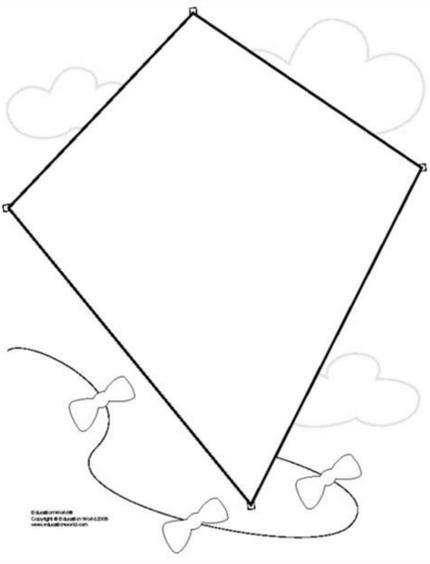


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Weekly Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
7:00							
8:00							
9:00							
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Setting SMART Goals

It's one thing to say that you want to change some things in your life. However, it's quite another to actually do it! Setting a SMART goal helps you structure an approach toward those changes you seek. See explanations below.

Good/Bad Examples	Explanation	Word	
Not specific: <i>stay out of trouble, get straight A's</i> Specific: <i>Get to class on-time, turn in all of my work</i>	Set a goal that is specific enough to be accomplished.	SPECIFIC	S
Not Measurable: <i>I want to make a lot of free throws</i> Measurable: <i>I want to make at least 9 of 10 free throws in the next game</i>	Establish criteria (what you have to show) for the goal to be achieved.	MEASURABLE	M
Nope: <i>In order to get an A in Math, I have to study</i> Yep: <i>In order to get an A in Math, I have to review my concepts and practice problems every night</i>	Involves specific actions that will result in your reaching the goal	ACTION-ORIENTED	A
Unrealistic: <i>I want to make 100 free throws in every game</i>	Should be something that is attainable given the	REALISTIC	R

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