

SETTING S.M.A.R.T

GOALS

SMART goals are the perfect way to add some structure to your intellectual growth. Imagine you're aiming to expand your knowledge on a new topic. Instead of vaguely planning to 'read more,' you set a SMART goal to read one book on the subject each month for the next three months. This keeps you focused, tracks your progress, and makes each completed 'book' a mini-celebration. It's like giving your intellectual growth a clear map, guiding you towards a sharper, more curious mind.

S	<p><u>SPECIFIC</u></p> <p>What do you want to accomplish?</p>	<p><i>Ex. I will read a book that I find interesting at the bookstore.</i></p>
M	<p><u>MEASURABLE</u></p> <p>How will you measure your progress?</p>	<p><i>Ex. I will complete one book every 2 months.</i></p>
A	<p><u>ACHIEVABLE</u></p> <p>Is it realistically possible you can achieve it, given time, skills, budget, etc.?</p>	<p><i>Ex. I'll set aside time to read at least 20 pages each day. (During lunch, before bed, etc.)</i></p>
R	<p><u>RELEVANT</u></p> <p>Does this goal align with your overall goal?</p>	<p><i>Ex. This will boost my intellectual wellness by engaging with topics that interest me.</i></p>
T	<p><u>TIME-BOUND</u></p> <p>What will be the start and end date of your goal?</p>	<p><i>Ex. I'll finish at least 1 book by the end of the October.</i></p>

Goal: _____

Ex. I'll read at least one book by the end of September by reading at least 15 pages each day.

S.M.A.R.T GOAL

TRACKER - EXAMPLE

September

MONTH

2024

YEAR

GOAL:

I'll read at least one book by the end of September by reading at least 15 pages each day.

SUN	MON	TUES	WED	THUR	FRI	SAT
✓ ¹	Missed target ²	✓ ³	Read double, getting good ⁴	✓ ⁵	Cheat day ⁶	Cheat day ⁷
Cheat day ⁸	✓ ⁹	✓ ¹⁰	✓ ¹¹	Missed target ¹²	✓ ¹³	✓ ¹⁴
Missed target ¹⁵	✓ ¹⁶	✓ ¹⁷	Missed target ¹⁸	✓ ¹⁹	✓ ²⁰	Cheat day ²¹
✓ ²²	✓ ²³	✓ ²⁴	✓ ²⁵	Missed target ²⁶	✓ ²⁷	✓ ²⁸
Missed target ²⁹	✓ ³⁰	✓ ¹	✓ ²	✓ ³	Missed target ⁴	✓ ⁵

NOTES

- 9/6-9/8: Local fair weekend, will probably not be doing much reading
- 9/21: Going to a concert

✓ = met at least 15 pages of reading per day

It's okay to not hit your target everyday. All you can do is try your best!

S.M.A.R.T GOAL

TRACKER

MONTH

YEAR

GOAL:

SUN

MON

TUES

WED

THUR

FRI

SAT

NOTES