



Examples of SMART Goals



1. Bad SMART Goal: I want to go to college.

Good SMART GOAL: By January 1st of 2009, I will have researched three colleges and applied to two colleges that I want to attend. I will attend one of the colleges I am accepted in and register for my first course and start by August 2009. My college plan fits with my ten year career plan.

2. Bad SMART Goal: I want a raise.

Good SMART Goal: By December 1st of 2008, I will have positioned myself to ask for a raise of a minimum of 10% of my salary by cutting my department's budget by 10% and increasing my department's sales by 10%.

3. Bad example of a SMART goal: "I want to have a lot of money".

Good example of a SMART goal:

"I want to make one million within 10 years by starting an internet marketing business selling personal development products all over the world and by providing life coaching consultancy and conducting live seminars."

4. Bad example of a SMART goal: "I want to lose weight".

Good example of a SMART goal:

"I want to lose 20 lbs by April 15th 2009. I will perform a half hour of cardio and half hour of strength training per day, 5 times a week and I will only eat starchy carbohydrates 3 times a week."

5. Bad example of a SMART goal: "I want to write a book".

Good example of a SMART goal:

"I want to write a work book on *"How to add 10 years to your life"* that is at least 150 pages in length and get it completed by June 30th 2009. I will write at least 4 pages every weekday until I complete the book."