



Specific	Measurable	Attainable	Relevant	Time-Bound
<p>Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve.</p>	<p>You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many.</p>	<p>Your goal should be challenging but still reasonable to achieve. Reflecting on this component can reveal potential barriers that you'll need to overcome.</p>	<p>What you're trying to achieve needs to be worthwhile to you. Determine if your goal is aligned with your values and is a priority focus for you.</p>	<p>Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. The time frame should be realistic so you don't get</p>

<p>What do you hope to accomplish before you graduate WSU?</p>	<p>What do you want to accomplish this semester?</p>
<p>What do you plan to accomplish in the next 2-3 weeks?</p>	<p>What are you going to focus on this week?</p>