

**ECI College Success Program  
S.M.A.R.T. Goals Template**

Creating S.M.A.R.T. goals are aimed at helping you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

**Initial Goal** (*Write the goal you have in mind in one sentence*):

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**The benefits of achieving this goal are:**

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**1. Specific** (*What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?*)

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**2. Measurable** (*How can you measure progress and know if you've successfully met your goal?*):

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**3. Achievable** (*Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?*):

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**Potential Obstacles/Challenges**

What obstacles may stand in the way of you achieving your goal?

<b>What is the potential obstacle?</b>	<b>How will you address the challenges when/if they arise?</b>