

## SMART Goal Example: Pay my bills in college by selling cotton candy at parks on the weekends.

<b>Specific</b>	<ul style="list-style-type: none"> <li>• What do I want to accomplish?</li> <li>• Why do I want to accomplish this?</li> <li>• What are the requirements?</li> <li>• What are the constraints?</li> </ul>	<p><i>I want to create a weekend business selling cotton candy at parks. This will bring in extra money to pay my bills during college. I will need a cotton candy machine, cotton candy mix, and a list of places where I am allowed to sell it. I may need to get some sort of special license to sell food. I'll need to look into this before I buy any supplies.</i></p>
<b>Measurable</b>	<ul style="list-style-type: none"> <li>• How will I measure my progress?</li> <li>• How will I know when the goal is accomplished?</li> </ul>	<p><i>I will keep track of how much I make each time I go out and sell cotton candy. I will divide my earnings by the hours spent to figure out my hourly average. My goal will be achieved once I earn \$350 a week, which is what I need to pay my bills.</i></p>
<b>Achievable</b>	<ul style="list-style-type: none"> <li>• How can the goal be accomplished?</li> <li>• What are the logical steps I should take?</li> </ul>	<p><i>In order to accomplish this goal, I must:</i></p> <ol style="list-style-type: none"> <li><i>1. Research regulations on selling food/soliciting in public areas.</i></li> <li><i>2. Find 3-5 places to sell cotton candy.</i></li> <li><i>3. Buy the necessary equipment.</i></li> <li><i>4. Create a nice sign promoting my cotton candy.</i></li> <li><i>5. Actually go out and sell the cotton candy.</i></li> </ol>
<b>Relevant</b>	<ul style="list-style-type: none"> <li>• <i>Is this a worthwhile goal?</i></li> <li>• <i>Is this the right time?</i></li> <li>• <i>Do I have the necessary resources to accomplish this goal?</i></li> <li>• <i>Is this goal in line with my long term objectives?</i></li> </ul>	<p><i>This goal is worthwhile if I earn at least \$25/hr. If I earn less than this, it would be better for me to take a student job on campus. At \$25/hr, I can earn \$350 by working 7 hours on Saturday, and 7 hours on Sunday.</i></p>
<b>Time-Bound</b>	<ul style="list-style-type: none"> <li>• How long will it take to accomplish this goal?</li> <li>• When is the completion of this goal due?</li> <li>• When am I going to work on this goal?</li> </ul>	<p><i>One day to research the info on selling food in public places, find places to sell, and order the equipment. I'll have to wait 1 week for the supplies to arrive. During that time I can make my promotional materials. So I'll be ready to go sell in 8 days.</i></p>

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### Types of Goals:

- Long-term goals - tend to be bigger goals, achieved some time in the future (ex: getting a job after my bachelor's degree)
- Short-term goals - smaller goals that tend to be accomplished along the way to reaching long-term goals (ex: tailoring my resume to a particular job posting).

**For UNM STEM Mentoring Program:**

Identify a long-term goal you care about and a short term goal to work on this semester to help you achieve your long term goal.

**Develop your own SMART goal to work on with your mentor this semester.**

<p>Specific</p> <ul style="list-style-type: none"><li>• What do I want to accomplish? Why?</li><li>• What are the requirements?</li><li>• What are the constraints?</li></ul> <p>A general goal is, "Get in shape." A specific goal is, "Join a gym and workout 3 days/week."</p>	
<p>Measureable</p> <ul style="list-style-type: none"><li>• How will I measure progress?</li><li>• How will I know the goal is accomplished?</li></ul> <p>When you measure progress, you stay on track, reach your target dates, and experience the achievement that helps you put forth the effort needed to reach your goal.</p>	
<p>Achievable</p> <ul style="list-style-type: none"><li>• What steps (or short term goals) can I take to accomplish this goal?</li><li>• What resources will I need?</li></ul> <p>Develop the attitudes, skills, financial capacity, and social support that you need to make goals that are important to you come true.</p>	
<p>Relevant/realistic</p> <ul style="list-style-type: none"><li>• Is this a worthwhile goal (aligned with long term goals and values)?</li><li>• Is it the right time to work on this goal?</li></ul> <p>A realistic goal is an objective you are both willing and able to work toward, and one that you believe you can accomplish.</p>	
<p>Time-Bound</p> <ul style="list-style-type: none"><li>• How long will it take to accomplish?</li><li>• When is the goal due?</li><li>• When will you work on this goal?</li></ul>	