

Examples of Measurable Goals and Objectives

Measurable goals and objectives are essential for evaluating progress in any situation, be it work, learning, or personal development. When a goal is specific and measurable, it's more likely to be achieved. For anyone who is easily overwhelmed or struggles with time-management, this system will help you stay on track.

Let's Get S.M.A.R.T.

A popular mnemonic, S.M.A.R.T. helps people remain on a path to academic, professional, and personal success. The S.M.A.R.T. system enables individuals to devise a solid plan with concrete and measurable goals, leaving very little to chance.

S.M.A.R.T. stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Let's take a closer look.

- **Specific:** Goals should be written in the most simplistic manner possible, honing in on one specific outcome. Without this core principle, you might find it hard to focus and, in the end, feel unmotivated.
 - **Bad:** I want to be a better student.
 - **Good:** I'm going to focus on boosting my overall grade in MAT 101.
- **Measurable:** Goals need to be measurable in such a way that tangible evidence can be presented along the way. It's fun to track your milestones! This can be as simple as setting a specific date for your achievement.
 - **Bad:** I'm going to study for this Friday's math test.
 - **Good:** I'm going to study every day and then meet with a tutor on Wednesday to prepare for Friday's test.
- **Achievable:** Goals should be designed like a good workout. They should stretch you slightly, so you feel challenged, but not cause stress or injury.
 - **Bad:** I'm going to lose 20 lbs.
 - **Good:** I'm going to lose 2 lbs. every week by choosing healthy meal options over processed foods.
- **Relevant:** It's important to examine your goal. Make sure it's relevant and realistic.
 - **Bad:** I want to make money on the stock market. (But you hate finance.)
 - **Good:** I want to make money as a personal trainer. (Since you love going to the gym.)
- **Time-bound:** Goals should be linked to a timeframe that creates a practical sense of urgency, creating a healthy tension that will propel you forward.
 - **Bad:** I want to submit a short story in the contest next month.
 - **Good:** I'm going to draft an outline for my first short story this Wednesday.

Measurable Counseling Goals Samples

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