



Commitment

Having a hard time getting to everything that you're **committed** to do? Setting goals is the first step in successfully following through on your commitments.

Pick up a pen and a piece of paper and jot down the goals you want to reach. Look at each goal and **evaluate** it. Make any changes necessary to ensure it meets the criteria for **SMART goals**

Everyone will benefit from goals and objectives if they are **SMART**.

SMART Goals are:

- S: Specific**
- M: Measureable**
- A: Attainable**
- R: Results-oriented**
- T: Time-bound**

Goals signify a mission, an ambition, a purpose and an overall aim in life.

Goals are an indication of what we want to accomplish in our lives.

Turn this page over to see why setting SMART goals is important!

Tips and Hints

- Start with a positive attitude.
- Understand yourself. Focus on qualities you want to improve.
- Create a good first impression.
- Communicate effectively with people.
- Understand the value of time.

- From the book *Yes, You Can ... Reach Your Goals & Achieve Your Dreams* by Jim Stowers & Jack Jonathan.

Resources:

Academic-related goals:

The Learning Center

Locations: E 2120, E 2122 & E 2108

(218) 733-5927

<http://www.lsc.edu/online/support/onlinetutor.cfm>

Career-related goals:

Ms. Betsy Jacobson, director of placement services

Location: S 1927

(218) 733-7618

<http://www.iseek.org/sv/index.jsp>

Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals.

Aristotle