

PEAK PERFORMANCE: S.M.A.R.T. GOALS



Goal setting can be a useful tool in many arenas. Experts say that—90% of the time—setting specific and challenging goals leads to better performance than “do-your-best” goals or none at all. Goals can direct attention, mobilize effort, increase persistence, and help you form good strategies. Learn how to make your goals S.M.A.R.T. ones.



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Goal setting is an important performance skill—but make sure you're setting SMART goals:

SPECIFIC

What exactly is your goal? Know precisely what you are aiming for.

Example: "I want to improve my APFT run time."

MEASURABLE

Decide how you are going to measure whether you have met your goal. Quantify success so that you are able to monitor and enjoy progress.

Example: "Shave 40 seconds off my APFT two-mile run time (five seconds off each quarter mile)."

ACHIEVABLE/ACTION-ORIENTED

What is your language—"I am" versus "I'll try" or "I will"? And make sure your goal is something you can achieve in the timeframe you set.

Example: "I am shaving 40 seconds. I know I can do this."

RELEVANT

Does this goal make sense for you? Be realistic, but also challenge yourself.

Example: "I am fit, and there is room for me to improve."

TIME-SENSITIVE

What is the time frame? Can you break it down into a long-term overall goal, with sub-goals as steps that lead there?

Examples:

Overall—"I am shaving 40 seconds in eight weeks."

Sub-goal—"I am sticking to my training schedule over the next two weeks and then will assess."



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