

## SMART Goals Exercise

Name:

Write SMART Goals for the following:

This week:

This month:

This semester:

This year:

## SMART Goals Exercise

Long-term goals:

### 7 Reasons Why You Must Set Life Goals

1. Success comes from having goals.
2. The main cause of a long life is having a life purpose. Research has shown that diet and exercise are not the major factors in a long life, having a life purpose is.
3. Happiness requires goals. Every time you achieve something positive you experience happiness.
4. Goals give you energy and motivation.
5. Goals make you unique. We are all different and have different aspirations.
6. Goal setting is fun. Why not design your own life, why wait for someone else to do it for you.
7. Goals give your life meaning. Why are you here on earth? What is your mission in life?