Name:

Setting SMART Goals for Success Workshop  
NYU Leadership Week 2016

The first step to achieving success is understanding your narrative. Articulating how you see yourself and what you are passionate about can help you establish a plan for personal growth and potential success.

Please reflect on and respond to the following prompts:

Your Identity
• Who are you?
• What are your principles and values?
• Where do you take a stand when the world pushes against you?

Your Story
• How did you get here?
• What experiences helped bring you to this moment and inform your interests?
• Where are you going? What do you want to accomplish in life?

Please write your responses to these prompts here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
A personal mission statement is a useful tool to help identify your strengths, uncover your values, and articulate your plans. We'll use this to develop our goals for the fall semester. This can be short, long, detailed, or concise.

Think about the following questions:

- **What are the three or four most important things to me?**
- **What are my core values?**
- **What are my greatest strengths?**
- **If I had unlimited time and resources, what would I do?**
- **What are the activities of most worth in my personal life?**
- **What do I want to accomplish this year? The fall semester?**

After reflecting on these questions, you should essentially be able to personalize this prompt – “This academic year, I will do A, B, and C and will achieve X, Y, and Z results.”

Please write your expanded (2-5 sentences) personal mission statement:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
SMART Goals are Specific, Measurable, Attainable, Relevant, and Time-Based. Using this framework increases the likelihood of achieving your goals.

Here are some examples of SMART Goals:

- I will arrange three informational interviews with tech entrepreneurs this semester
- I will make sure to sleep 6 hours each night for at least 4 days this week
- I will set aside 15 minutes each morning for the month to meditate
- I will read three articles about international news each day

Please use this space to articulate your SMART Goals for this semester:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________