

What are PACT Goals?

PACT Goals is an acronym for purposeful, actionable, continuous, and trackable

Why use PACT goals? Best for long-term goals, focuses on the output you can control, provides a clear plan of action, once goal is set you can just start working towards it

Purposeful



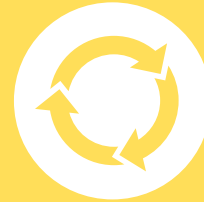
- Your goal should have a long term effect
- Connects the goal to a deeper meaning or mission

Actionable



- Your goal is based on outputs you can control
- Based on actions you can take and control to achieve your goal

Continuous



- Consistency and continuity is key
- Emphasizes ongoing effort and progress
- Goal has actions that are consistent

Trackable



- You can track your goal's progress
- Monitored and updated to stay on course

Example: I will study 3 hours per course credit

- This will improve my study habits and better understanding of my course content

- I can control the amount of time I study

- I will continuously work towards this goal by setting a study schedule

- I will track my progress by timing how long I study per class
- I will adjust my study times if a class requires more study time