



The **SMART** way to achieve YOUR GOALS

» There are four components to your success as an academic investigator, educator, or clinician:



When working on goals, be sure to capture them by writing them down. Goals can include personal as well as professional goals. To be the most effective, you need to meet “SMART” goal criteria.



S

Specific

What is to be accomplished? Is it clearly defined?

M

Measurable

How will attainment or success of the goal be measured?

A

Action-Oriented

Is the goal attainable? How will it prepare or change your future?

R

Realistic

Does it make sense, given your current circumstances and resources?

T

Timely

Is it appropriate to your needs and is there sufficient time available to reach the goal?

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