SMART GOALS

- **SPECIFIC** (The more specific you are, the easier your goal is to achieve)
- **MEASURABLE** (so you know when you have achieved it)
- **ACTION-ORIENTED** (ie. You can DO something about it! Is it within your control?)
- **REALISTIC** (Goals need to be both: challenging to inspire you AND realistic)
- **TIME BOUND** (has a deadline)

Teaching......Research........Writing..........Service ........Advising........Grants........Work/Life Balance.........Managing Time..........Students........Health......What Else?

GOAL #1

GOAL #2

GOAL #3