

Set a Goal that Sticks

To set a goal that sticks, let's revisit your vision, set a SMART goal, and map out a plan to make it happen.



My Educational Mission Statement:

My SMART Goal:

How my goal is
SPECIFIC

How my goal is
MEASURABLE

How my goal is
ATTAINABLE

How my goal is
RELEVANT

How my goal is
TIME-BOUND

How I will stay committed:

- Making it visual by writing it down and posting it where I will see it often.
- Share my goal with a mentor, supervisor, or colleague and ask them to keep me accountable.
- Check-in regularly to evaluate my progress.
- Renew my motivation through books and podcasts, and journaling.