Handout 1: My Life Map

**Instructions.** Spend the next 10 minutes creating *your* Life Map. Be sure to list your education, professional, and personal achievements, as well as your future goals. To get started, think about: When I reach the end of my years and look back at my life, what accomplishments would I like to see? What road did I travel?

You may want to use solid lines to show accomplishments and dashed (or dotted lines) to depict your future goals. You should feel free to use images and/or words.

Handout 2: Goal Setting

**Instructions.** A **Goal** is specific, measurable, and has time-targeted objectives to be achieved in the future.

The acronym **SMART** is a useful way to remember the key components of an effective goal:

* **S**pecific – The goal should identify a specific action or event that will take place.
* **M**easurable – The goal and its benefits should be quantifiable.
* **A**chievable – The goal should be attainable given available resources.
* **R**ealistic – The goal should require you to stretch with some likelihood of success.
* **T**imely **–** The goal should state the time period in which it will be accomplished. Individuals develop short-term goals (accomplished within in few days or months) or long-term goals (accomplished over a few years). The successful achievement of short-term goals often supports the attainment of long-term goals.

**Goal Setting** is a critical component of personal, academic, and professional development. Successful goal setting involves the development of an Action Plan.

Look at your Life Map and the goals depicted on it. Pick one goal and spend 1 to 2 minutes assessing if it is a SMART goal. If not, rephrase the goal so that is specific, measurable, achievable, realistic, and timely.

**My SMART Goal:**

**Why is this a SMART goal?**