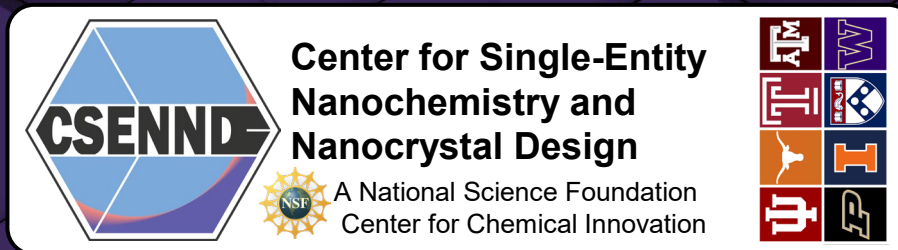


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Goal Setting Update



SMART Goals

SMART GOALS

S

SPECIFIC

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!

M

MEASURABLE

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

A

ACTIONABLE

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your

R

REALISTIC

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

T

TIMEBOUND

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

EXPLAINED

THE COACHING
TOOLS COMPANY.COM

- Transform broad intentions into actionable plans
- Improve motivation and facilitate communication
- Support objective evaluation
- ---
- Overemphasis on measurable outcomes
- Encourages incremental thinking
- Can reduce adaptability



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SAFE Goals

S

SIMPLE



Start small.
Make it easy
to begin.

A

ATTAINABLE



Focus on what
is within your
power to
achieve.

F

FORGIVING



Allow wiggle
room and
embrace
experimentation.

E

EASY



Make it
enjoyable and
easy to do.

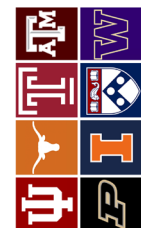
- These goals are about effort rather than output
- Are good for getting started/building momentum
- Example: put 30 min writing on your calendar 3 mornings each week
- Example: make one improvement to my research workflow each week



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RAD Goals

R

RISKY



Take risks.
Step outside your
comfort zone.

A

AUDACIOUS



Be bold.
Break out with
confidence.

D

DARING



Be daring.
Challenge norms
and try new ways.

- Do something where success isn't guaranteed, but failure won't be catastrophic
- Rethink what you're capable of or what you're trying to accomplish
- Break the rules intentionally
- Example: submit abstract for a talk rather than a poster
- Example: propose one "high-risk, high-reward" experiment during your next meeting with advisor



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Goal Setting

- SMART, SAFE, and RAD goals can work well together.
- To learn more:

<https://helensword.substack.com/p/safe-goals-for-the-new-year>

30-minute podcast on writing from SMART to RAD

