Welcome to 50 Weeks of Learning! In celebration of UAB’s 50th Anniversary, Learning & Development is launching an initiative to provide you with one quick tip per week to help you become smarter, stronger and better equipped to succeed at UAB. We’re kicking it off with some insights into setting great goals.

We are already three weeks into 2019. What are your goals this year? What are your team goals? Being proactive about your goals – verbalizing them, writing them down and securing an accountability partner – will help you get there. Setting a reminder on your calendar to see how you are progressing can help you stay on track. Make a note to follow up at the beginning or end of the week to see how far you’ve come. It also gives you the chance to adjust the steps you’ll need to accomplish the goal, or seek additional assistance or resources to maintain momentum.

**THIS WEEK’S CHALLENGE:**

**How to nail your goal:** Take the extra time to write down...

1. Your goal.
2. The big steps it will take to accomplish it.
3. The help or resources you’ll need.

Try running it by a friend or colleague to get some feedback.

**KEEP ON LEARNING**

- [Tips and examples for writing S.M.A.R.T. goals](#)
- Book: “The 4 Disciplines of Execution: Achieving your Wildly Important Goals”
- LinkedIn Learning: 1-minute video on [setting goals](#)