Complete for each long-term goal.

Area of interest:
___ Advances in education methods (med student/resident/fellow/faculty/other)
___ Advances in basic science relevant to medicine
___ Advances in clinical practice
___ Advances in clinical and translational research (incl community-based research)
___ Advances in assessment of outcomes/new tools
___ Advances in quality improvement
___ Advances in health care delivery
___ Advances in advocacy (patient/community/national)

Long-term goal:

Break down the long-term goal into several short-term (i.e., annual) goals that will help you get to the long-term goal:

<table>
<thead>
<tr>
<th>Time period</th>
<th>Outcome to achieve</th>
<th>Skills needed</th>
<th>Resources needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td></td>
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<tr>
<td>Year 2</td>
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<td>Year 3</td>
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<td>Year 4</td>
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<tr>
<td>Year 5 (long-term goal)</td>
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</tbody>
</table>

Consider:
1) What resources do you need to meet your short-term goals (and ultimately, your long-term goal)? These include:
   a. New skills
   b. Mentors/colleagues/collaborators
2) Can you create annual goals/objectives to help you get some of these resources? (eg., grant writing)
3) What obstacles do you anticipate? How can you potentially side-step or overcome those obstacles?