

## Mapping your Goals Instructions for Module 1: Finding Success as a Postdoc

Above, you reflected on your goals and expectations for your postdoc and also what you think your mentor expects of you. In this activity, you will begin to develop a timeline for your postdoc and the milestones that will lead to your success.

1. The table below has a place for you to write in the goals you reflected on in the previous section.
2. The next column will help you break those goals down into smaller, more manageable tasks.
3. Next, map all these smaller tasks onto a timeframe - when do you expect to work on it, and how long might it take you? It may help you if you draw a line on a separate piece of paper for each goal and map the tasks horizontally a timeline, or you can use the column in the table provided. If you aren't sure about this column, that's okay - this is a place you can get feedback from your mentor.
4. For each of your subtasks, what does success look like? How would someone else know you were successful? What do you think success looks like from your mentor's perspective?
5. What are things that will promote your success and help you complete your goals?
6. What are the challenges or barriers to completing your goals? How do you expect to resolve those challenges?
7. For those of you whose current appointment doesn't align with how long you expect to be a postdoc, how would this timeline shift if it was constrained to your current appointment length? What tasks or goals would you have to prioritize?