



BIOGRAPHY

Caroline Adams Miller, MAPP

SHORT VERSION

Caroline Adams Miller, MAPP, is a pioneering expert in positive psychology, goal setting, and grit. A magna cum laude graduate of Harvard University and one of the first graduates of the University of Pennsylvania's Master of Applied Positive Psychology (MAPP) program, she has spent more than three decades researching and teaching the science of success.

She is the author of nine bestselling books, including *Creating Your Best Life*, *Getting Grit*, and *Big Goals* (2024). A sought-after keynote speaker, Caroline blends cutting-edge research, powerful storytelling, and practical strategies that audiences can immediately apply. Her work has been featured by CNN, BBC, NPR, Harvard Business Review, The New York Times, and more.

MEDIUM VERSION

Caroline Adams Miller, MAPP, is a trailblazer in positive psychology and one of the world's leading experts on goal setting, grit, and the science of success. With more than thirty years of experience studying high achievement, she helps individuals and organizations unlock extraordinary performance through evidence-based goal accomplishment.

A magna cum laude graduate of Harvard University, Caroline later earned her Master of Applied Positive Psychology (MAPP) from the University of Pennsylvania as one of the first graduates of this groundbreaking program. She is the author of nine bestselling books translated into multiple languages, including *Creating Your Best Life*, the first mass-market book to integrate happiness science with goal-setting research; *Getting Grit*; and her newest release, *Big Goals* (2024), which offers a research-backed framework for setting and achieving meaningful goals.

Caroline is a highly sought-after keynote speaker known for blending cutting-edge science, compelling storytelling, and practical strategies that audiences can immediately implement. Her TEDx talk, *The Moments That Make Champions*, has resonated globally, and her work has been featured by CNN, BBC, The New York Times, The Wall Street Journal, Harvard Business Review, Forbes, NPR, and more.

She has delivered programs for leading organizations including Morgan Stanley, McKinsey & Company, Harvard Law School, The Wharton School, and lululemon.

Caroline's mission is simple but powerful: help people set big, meaningful goals — and achieve them.

FULL LENGTH VERSION

Caroline Adams Miller is a trailblazing figure in positive psychology, renowned for her expertise in goal setting, grit, and the science of success. With a career spanning over thirty years, she has established herself as one of the world's leading authorities on how individuals and organizations can harness the power of goal accomplishment to achieve extraordinary results.

Caroline's academic journey is as impressive as her professional accomplishments. She graduated magna cum laude from Harvard University, demonstrating early on her commitment to excellence. Later, she furthered her expertise by obtaining a Master's in Applied Positive Psychology (MAPP) from the University of Pennsylvania, where she was among the first graduates of this pioneering program.

As a prolific author, Caroline has penned nine bestselling books that have been translated into multiple languages, including German, Korean, Spanish, Chinese, Japanese, and Italian. Some of her most influential works include:

Creating Your Best Life (2009): The first evidence-based mass-market guide to combine the science of happiness with the science of goal setting.

Getting Grit (2017): A deep dive into the character strength of grit and its importance in leading a flourishing life.

Big Goals (2024): Her latest work offers a comprehensive framework for effective goal setting based on decades of research.

Caroline is a highly sought-after keynote speaker, known for her ability to blend personal experiences, real-life examples, and cutting-edge research into compelling presentations. Her speaking style is characterized by:

- Tangible takeaways and actionable strategies
- Engaging storytelling that resonates with diverse audiences
- Integration of the latest findings in positive psychology

Her TEDx talk, *The Moments That Make Champions*, has resonated worldwide, and BBC, CNN, The New York Times, The Wall Street Journal, Harvard Business Review, The Washington Post, NBC, NPR, and Forbes have featured her work.

She has delivered impactful talks and workshops for various prestigious organizations, including Morgan Stanley, McKinsey & Company, The Wharton School/UPENN, Harvard Law School, lululemon, and many more.

Caroline believes achieving big, meaningful goals is one of life's most fulfilling pursuits. Through her books, speaking engagements, and consulting, she inspires audiences worldwide to develop resilience, set high-impact goals, and thrive personally and professionally.