

Setting Goals for Yourself.

Everybody likes to have goals.



It does you good to have goals. And it's fun deciding what your goals will be.

Goals must be achievable.

'To take exercise everyday' is an achievable goal.

'To win the lottery' is not an achievable goal. What's the difference?



Goals need to be worth achieving.

A goal has to be something which will really please you, if you achieve it.

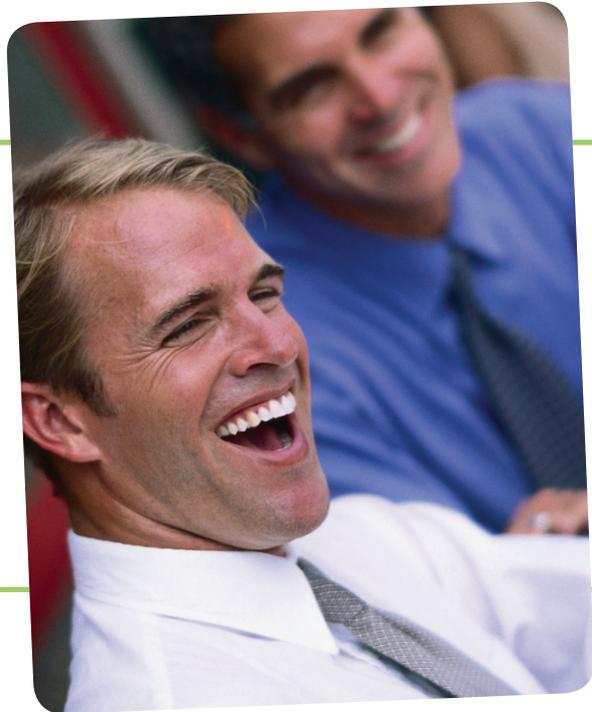


Set yourself a sensible time limit.

For example 'I'm going to make 2 new friends over the next 6 months' is a fine goal. 'I'm going to make 2 new friends this evening' is probably unrealistic.

Chunking.

Some goals need breaking down into chunks. For example 'I'm going to be successful' can be broken down into: 'I'm going to get a job, I'm going to get some friends, I'm going to get some good hobbies.



Discussion

How good are you at setting goals for yourself?

Can you think of a time when you set a goal for yourself and achieved it? How did you do it?

What goal do you feel like setting for yourself now?

Project

Set yourself a goal and see if you can achieve it.

Mythbuster:

Being spontaneous is better than setting goals. **Not True.**

Sometimes it's good to be spontaneous, but the evidence is clear: setting goals is good for us.