

Goal-Setting

Goal-setting in psychology is an essential tool for self-motivation and self-drivenness – both at personal and professional levels. It gives meaning to our actions and the purpose of achieving something higher.

Setting goals are linked with higher motivation, self-esteem, self-confidence, and autonomy, and research has established a strong connection between goal-setting and success.

To break down goal setting, start with these four steps:

Make a plan

1

Start with a solid plan. Outline your goals based on your strengths and interests. This helps you identify your key focus areas.

Explore Resources

2

Identifying and utilizing relevant resources can provide the knowledge and support you need to stay on track and succeed.

Be Accountable

3

Accountability is key. It's harder to skip goals when you have someone to check in with, whether a friend or a coach.

Use Rewards

4

Celebrate your achievements! Treating yourself for reaching milestones keeps you motivated and reinforces your progress.

Setting SMART Goals

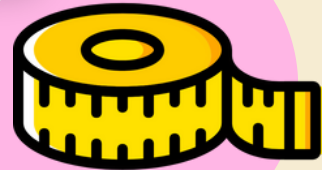
Goals should be SPECIFIC



What will you achieve?
What will you do?

Goals should be MEASURED

What data will you use to
decide whether you've met
the goal?



Goals should be ACHIEVABLE



Are you sure you can do this?
Do you have the right skills
and resources?

Goals should be RELEVANT

Does the goal align with your
values and long-term
objectives?



Goals should be TIME-BOUND



What is the deadline for
accomplishing the goal?