Goalsetting

Through our lives, many of us will be full of ambition for whatever is coming next in life, whether it's university, exams, a career move or wanting to excel in your hobbies and extracurricular activities.

A very effective yet underutilised tool to help you fulfil these ambitions, is goalsetting.

There are many misconceptions with goalsetting, one of which is that the process setting goals by itself will make you motivated. This isn't necessarily true. Understanding the reasons why you have your ambitions will then allow you to set appropriate goals that will lead you to where you want to go. The below TED Talk by author and motivational speaker Simon Sinek explains this in more detail, outlining how powerful 'knowing your why' can be to motivate and inspire individuals and groups of people: **https://www.youtube.com/watch?v=IPYeCltXpxw**

Are you intrinsically or extrinsically motivated?

This is another part of our 'why' that we need to understand. It is widely acknowledged that intrinsic motivation is more sustainable, but those that thrive on extrinsic rewards can still be extremely successful in the pursuit of their targets.

We're here. Isle Listen.

ISLE LISTEN
Because Minds Matter

Goalsetting

SMART goals

The acronym SMART is used widely in education and business to help individuals and organisations set the right kind of goals. Have a think of the goals you'd like to set yourself, and see if it fits with the principles below...

SPECIFIC   To your own ambitions, hobby, or your own personal circumstance.

MEASURABLE   How are you able to see your progress?

ACHIEVABLE   Is it possible? Being ambitious is great, but if your goals aren't achievable, it will only lead to you feeling down on yourself.

RELEVANT   This is like specific, but more orientated to different size goals. Is your short term, two-week goal relevant to working towards the bigger, 1-year goal?

TIMED   When are you going to achieve it by? This may be dictated by external factors, i.e. exam dates and results, but do your best to make yourself accountable!