

The Art of Goal Setting: Creating Your Best Life

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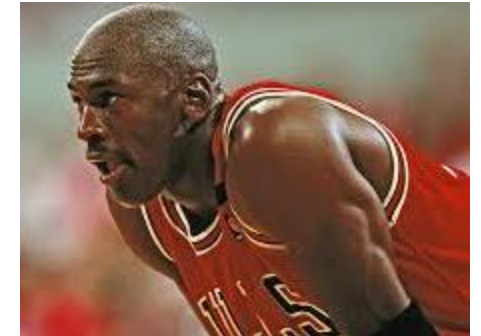
How do you motivate yourself to do the things you need to do,
even when you don't want to: *Know why you are doing them.*

“What strategies help you to get yourself to do the unpleasant work, instead of more fun things?”

- “I remind myself that I want to be the first one to graduate from college in my family; I also look ahead at my future and get excited to see myself working in my dream job. ”
- **“I wanted to prove that teachers who told me that I would never do well in school because of my disability were wrong.”**
- **“Being a student-athlete, there is hardly any room for error. ...I always make sure that my work has been completed so that it is not lingering over my head.”**

How do entrepreneurs and athletes achieve success?

- Richard Branson - Write down all your short and long term goals, share them with others, and cheer yourself on with every one you check off.
- Michael Jordan - Goal: **Be the best!** – *“From the first day of practice, my mentality was: ‘Whoever is the team leader, I’m going to be going after him. I had to do it with the way that I played.’”*
- Bill Gates - Take on a **big enough** mission - *Truly successful people first choose endeavors worthy of their time.*



The Goals Study (Dr. Gail Matthews, Dominican University of California)

- Sample of business professionals
 - Group that was simply asked to think about their goals for next 4 weeks, and rate each goal's Difficulty and Importance (**43% accomplished goals**)
 - Group that was also asked to write down goals and ratings (**61% accomplishment**)
 - Group that was also asked to keep weekly progress reports (**76% accomplishment**)

Summary

- Setting clear, challenging personal goals helps you to motivate yourself to do get done what you need to, even when you don't want to.
- First step – Pick the right goal for *you!*

How To Find Goals: Are you asking the right questions?

The Study Place Project



Matthew Rappaport

Don't work towards nothing

- What is important to you?
- Why are each of these important to you?
- ❖ Use these answers to identify your values
- ❖ Extract your goals from your values

Question yourself, it's powerful!

- When are you happiest?
- What makes you proud of yourself?
- What qualities do you admire in others?
- Who inspires you?
- ❖ What's something you would never regret attempting, **even if you failed?**

IF YOU CAN
DREAM IT
YOU CAN
DO IT

*strategize
for
success*

HAVE
THE TIME
OF YOUR
LIFE

Short Term Goals & Long Term Goals

By: Chloe Rigney



What are Short Term Goals?

- Something you want to accomplish in a shorter amount of time.
- It is achieved quickly (12 months or even 2 hours).
- You need short term goals in order to create long term goals.

What are Long Term Goals?

- Something you want to achieve for the future that has high significance towards your well-being.
- Not something that is achieved within a week or a year.



People with goals succeed because
they know where they are going.

