

Lecture Notes for Goal Setting

1. Count the Cost

What will reaching your goal require?

Am I willing to make the sacrifice?

2. Put it in writing.

I've always wanted to be somebody, but I should have been more specific.

Lily Tomlin

3. Commit yourself

Whatever you can do or dream you can begin it. Boldness has genius, power, and magic in it. Goethe

4. Use momentous moments

Learn to harness the power of key moments, to set goals and make commitments when you are in the mood to do it. Examples of key moments are: a new school year, a new relationship, an anniversary, etc.

5. Rope Up

Obstacles to learning:

Emotional memories of bad past experience are interesting/situation reminds them of it

Logical

Ethical

True or False?

1. The tradition of making new year's resolutions goes back to the Romans, who made promises to improve themselves in the new year in order to please one of their goals.
2. Most people's new year's resolutions are silly and insignificant.
3. Athletic club memberships increase in the month of January.
4. Most people who make New Year's resolution will stick to them.
5. Writing goals down helps you to keep them.

