

Goal Achievement

HELPS GOAL ACHIEVEMENT

Flexibility – This means being willing to change or modify goals when original goals become blocked. A goal suited to one particular time in life may not be appropriate when circumstances change.

Specific, Written Goals – This process promotes commitment. When a goal becomes written, it becomes concrete, tangible, and easy to focus on. Deadlines produce a target and can provide a sense of achievement when met.

Ownership – The serious effort needed to achieve most goals is difficult to muster if the goal is not “right” nor owned by the individual or group.

Realistic Goals – Goals should challenge and stretch the individual or group, and not become a constant source of frustration. One should consider past performance and available resources in setting goals.

A Positive Attitude – State goals in positive terms. Not achieving a goal should not imply failure. A positive environment encourages goal achievement.

Support – Asking for help is a means for utilizing resources available. Accepting help can steer an individual toward success.

Planning – Consideration of potential problems will help in making decisions concerning how a goal might be achieved. Account for the reactions of others indirectly involved with an individual’s plans.

HINDERS GOAL ACHIEVEMENT

Rigidity – It is clinging to a goal not possible or practical – using its pursuit as an excuse for not working on realistic goals. Letting initial failure stop the progress.

General, Unwritten Goals – This shows evidence of a lack of commitment to a serious pursuit of change. Most goals are not realized without a written plan.

Pleasing Them – Setting goals to please others and trying to meet their expectations rarely works.

Unrealistic Goals – Failure can be ensured by asking too much of oneself. A destructive pattern of behavior could result that is difficult to recover from.

Negatives – Stating goals in negative terms cannot result in accomplishment. Avoiding tasks because of fear of failure will not challenge an individual. Dwelling on what one cannot do detracts from what one can do.

Seeking Disapproval – Sharing ideas with people who will ridicule or discourage one’s personal goals is not smart.

Ambling Along – Letting life happen to the individual rather than for the individual. “If you do not know where you are going, how will you know when you have arrived?”