

A Project on Value Education

ATTITUDE

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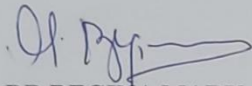
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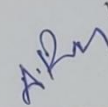
Certificate

This is to certify that this project entitled "VALUES FOR LIFE –MOTIVATION"
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BHAVASHREE A, BRINDHA V, DEVAKI K K for the degree of bachelor of science / arts
is based on the result of studies carried out by them under my guidance and supervision in
the Under graduate Department of Economics, Fatima College (Autonomous), Madurai-18.
This project has not been submitted elsewhere for any other degree.



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Declaration

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of A.RAJESWARI , Assistant Professor in the Department of Economics, Fatima college (Autonomous), Madurai-18 and this work has not been submitted elsewhere for any other degree.

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VALUE EDUCATION
VALUES FOR LIFE – ATTITUDE

INTRODUCTION

Attitude is the mental state of individuals, which tends to act or respond or is ready to respond for or against objects, situations, etc. with which their vested feelings or effect, interest, liking, desire and so on are directly or indirectly linked or associated. During the course of development, the person acquires tendencies to respond to objects. These learned cognitive

Attitude is everything



mechanisms are called attitudes.

MEANING;

Attitude is an enduring evaluation—positive or negative—of people, objects, and ideas. Thus, attitudes are evaluative statements or judgments concerning objects, people, or events. Attitude has three components—cognition, affection, and behavior of people. A particular attitude of a person can be based on one component or the other.

Cognitive-based attitude is primarily based on beliefs and properties of an attitudinal object. The cognitive component of an attitude is the opinion or belief segment of an attitude. Cognitive

dissonance theory helps us to trace any incompatibility between two or more attitudes or between behavior and attitudes

Affection-based attitude stems from people's feelings (e.g., attitudes towards political candidates). The affective component is the emotion or feeling segment of an attitude. Behavior-based attitude is based on the self-perception of one's own behavior when the initial attitude is weak or ambiguous.

The behavioral component of an attitude is an intention to behave in a certain way towards someone or something. The affection-behavior (A- B) relationship acts as moderating variables (i.e., importance, specificity, accessibility, social pressures, and direct experience). The self-perception theory uses attitudes after the event, to make sense out of an action taken. For organizational behavior, the people's attitude is especially significant, as job satisfaction, job involvement, and organizational commitment largely stem from an individual employee's attitude.

Job satisfaction refers to the general attitude of employees towards their job. Job involvement helps in psychological identification of people with their job, while organizational commitment is the degree to which an employee identifies with a particular organization and its goals and wishes to maintain membership in the organization. In an organization, people seek consistency among their attitudes and seek to reconcile with divergent attitudes in order to appear rational and consistent.

An attitudinal change in a person takes place with change in their behavior. The cognitive dissonance theory facilitates change of attitude through behavioral reinforcement. Persuasive communication and focus on a particular issue facilitate such change of attitude Thailand et al.

proposed the Yale Attitude Change Model, which suggests study of conditions under which people are most likely to change their attitudes. (The Yale Attitude Change Model focuses on effectiveness of persuasive communication, which depends on the credibility and attractiveness of the speakers.)

These conditions are source of communication (i.e., credible speaker), nature of communication, and the nature of audience, etc. Communication between a doctor and a patient on a medical issue (communication source), communication that does not intend to influence people (nature of communication), and persuasive communication to distract an audience within the age group of 18-25 are likely to yield better results in attitudinal changes.

Elaboration-likelihood model (Petty and Capacious 1981), on the other hand, shows that people change their attitudes in two ways—concept (central route to persuasion) and conditions for central route to persuasion (motivation). The central route to persuasion motivates people to pay attention to the facts in a communicated message. When facts are logical and compelling, attitudinal changes take place promptly.

Therefore, the contents of the messages are especially important. On the contrary, when facts are not compelling, people get swayed only by peripheral cues such as mood, emotion, attractiveness of the speaker, etc. Such peripheral cues may facilitate enhancing motivation but not attitudinal changes. The conditions for central route to persuasion are reinforcing motivation by focusing on personal relevance so that people can pay attention to the arguments.

Emotion's influence on attitude changes depends on the routes to persuasion. Emotion or mood manipulation is only effective for peripheral route to persuasion. People pay more attention to a speech when the argument is strong and effective in changing their attitudes. People in a sad

mood take the central route to persuasion, while in a happy mood they take the peripheral route to persuasion.

Therefore, attitudinal changes take place when people take the central route to persuasion, such as fear, greatness of harm, etc., which give better results in inducing attitudinal changes.

Therefore, managers should use the central route to persuasion, duly inducing the arousal of fear and combining it with a persuasive and appealing message.

In managing organizational behavior, like personality and emotional intelligence, an individual employee also differs in terms of attitude. Early and Chai ken (1993) defined attitude as ‘a psychological tendency that is expressed by evaluating a particular entity with some degree of favor or dis-Favour’. Yet, from another perspective, attitude is defined as the way we reflect our values. For example, innate value systems of employees may make them optimistic, always looking at the brighter side and working smartly to get a positive outcome.

They not only nurture such value-laden attitudes in their own behavior but also view others from the same perspective. The concept of attitude has a rich history. Once used to describe the spatial orientation of physical objects such as statues, the concept has evolved to refer to a person’s mental and neural state of readiness.

The informal climate of involvement and consultation appears to be more strongly associated with employee satisfaction and commitment than the collective machinery for negotiation and consultation. Mechanisms in use for employee voice included two-way communications, project teams, and joint consultation, but there is a growing interest in the electronic media, attitude surveys, and partnership schemes.

The major constraints on employee voice are lack of skills and enthusiasm by managers and employees. The psychological contract model, validated by successive employee attitude surveys, suggests that HR practices strongly affect the way people feel about their work.

Employees' trust in the organization, their sense of being fairly treated, and the extent to which they believe their employer has delivered on the implicit deal between them affects their attitudes towards job satisfaction, commitment, work-life balance, and the state of employee relations.

Attitude essentially stems from three underlying components: the cognitive component, affective component, and behavioral component

Social psychologists differentiate between these attitudinal components as under:

1. Cognitive component of an attitude is the opinion or belief segment of an attitude. Attitudinal responses of people, which stem from cognitive component, mainly reflect expression of beliefs (e.g., expectancy-value judgments) and nonverbal reactions.

2. The Affective component is the emotion or feeling segment of an attitude, and it manifests in verbal expressions of feelings and physiological changes in the organism (e.g., increase of arousal).

3. Behavioral component of an attitude is an intention to behave in a certain way towards someone or something. It is reflected through behavioral intentions and actions.

Attitude theory and research deals with the structure, function, formation, and change of attitudes, and is also concerned with the relationship between attitudes and behavior. For

example, the model of reasoned action provides a comprehensive approach to all of these aspects.

In this model, the internal structure of an attitude is described in terms of beliefs (expectations), which relate the attitude object (a behavioral alternative) to evaluated attributes. The function of attitudes is to guide the formation of behavioral intentions.

Attitude formation and change is viewed as a process of deliberative evaluation and belief updating. Attitudes are thought to impact behavior indirectly via behavioral intentions. More recent approaches, however, assume that a deliberative calculation of expectancy and values is not a necessary condition for either intention formation or attitude formation and change.

According to a study conducted by Zamboni in 1980, there is ample evidence to suggest that liking an attitude object can be enhanced simply by increasing its presentation frequency. Furthermore, attitudes, if they are frequently activated from memory, tend to become activated automatically in the presence of the attitude object and then directly impact behavioral decisions.

POSITIVE ATTITUDE;

A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes them happier, brighter and more successful



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With a positive attitude you see the bright side of life, become optimistic, and expect the best to happen. It is certainly a state of mind that is well worth developing.

Positive attitude manifests in the following ways:

- Positive thinking.
- Constructive thinking.
- Creative thinking.
- Optimism.
- Motivation and energy to do things and accomplish goals.
- An attitude of happiness.

A positive frame of mind can help you in many ways, such as:

- Expecting success and not failure.
- Making you feel inspired.
- It gives you the strength not to give up, if you encounter obstacles on your way.
- It makes you look at failure and problems as blessings in disguise.
- Believing in yourself and in your abilities.>

- Enables you to show self-esteem and confidence.
- You look for solutions, instead of dwelling on problems.
- You see and recognize opportunities.

A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you.

If this attitude is strong enough, it becomes contagious. It's as if you radiate light around you.

More Benefits of a Positive Attitude:

This might seem like a repetition of the above, but it helps to make this message clearer.

- It helps you achieve goals and attain success.
- It brings more happiness into your life.
- It produces more energy.
- A positive attitude increases your faith in your abilities and brings hope for a brighter future.
- You become able to inspire and motivate yourself and others.
- You encounter fewer obstacles and difficulties in your daily life.
- You get more respect and love from people.
- Life smiles at you



Positive Attitude - the Key to Success

"Your attitude determines your altitude" means that a person who has a positive and optimistic outlook, even able to rise above their challenges in order to make something good for themselves despite their upbringing and circumstances, is personally responsible for their success. I believe that a person's attitude will determine their life length, such as our success in all aspects of our lives. A person who is always optimistic, their one will believe and act with integrity.

People who perform well and succeed in their life in the right way, we can succeed, we must have difficult and challenging life. In our own achieve greater success. Our attitude like personality and our character determine our success and success we obtain in this life. In the 30 years of my existence, here in earth, I found out that life isn't just about being smart or excellent to be successful but it is about the individual's attitude towards achieving success that brings them to the position of success. Attitude is for what I believe defines everything about me and there's nothing that can beat my attitude out. How far we will go in this life because attitude is a quarter of determination that shapes our character and personality. I personally believe that attitude is a personal but attitude is the thing that gives us the opportunity to use abilities and without positive attitude, no right attitude that is capable of achieving is unattainable. Each of us has our own aptitudes, but our uncontrolled attitude, especially in capitalization, success becomes an obstacle in achieving our personal dreams and success of personal success, determination and will. Success is a result of a positive attitude and it is the only way to achieve success and will.



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The Benefits of a Positive Attitude:

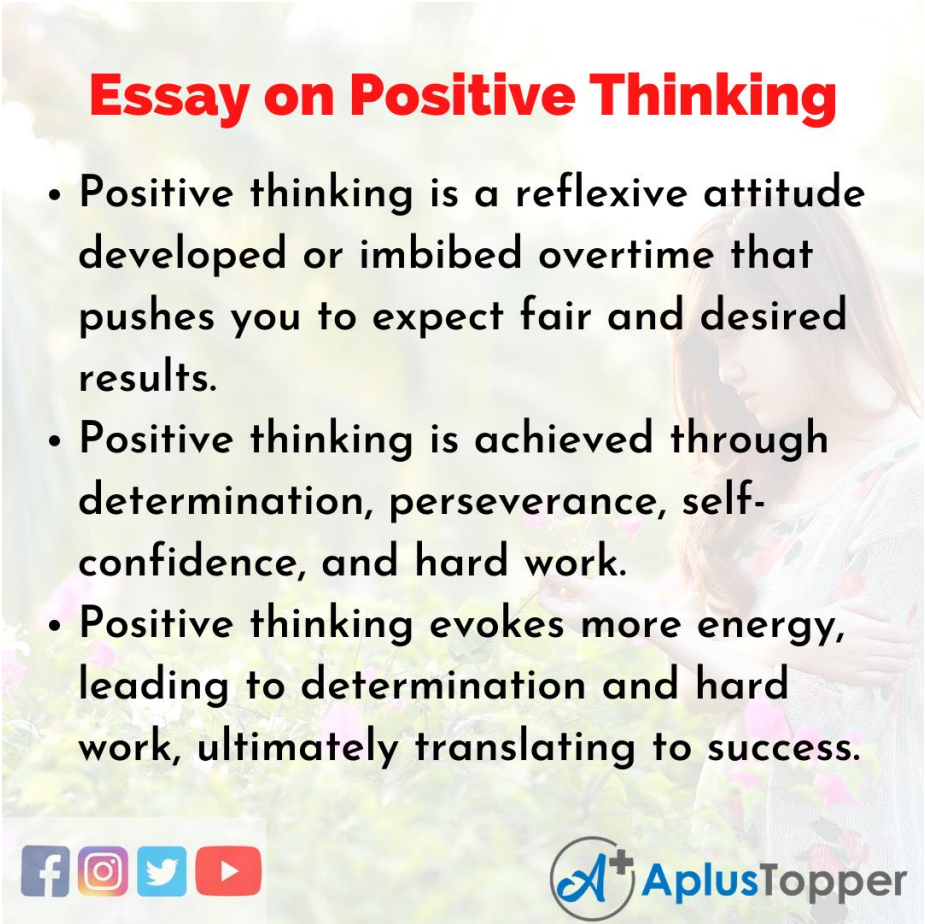
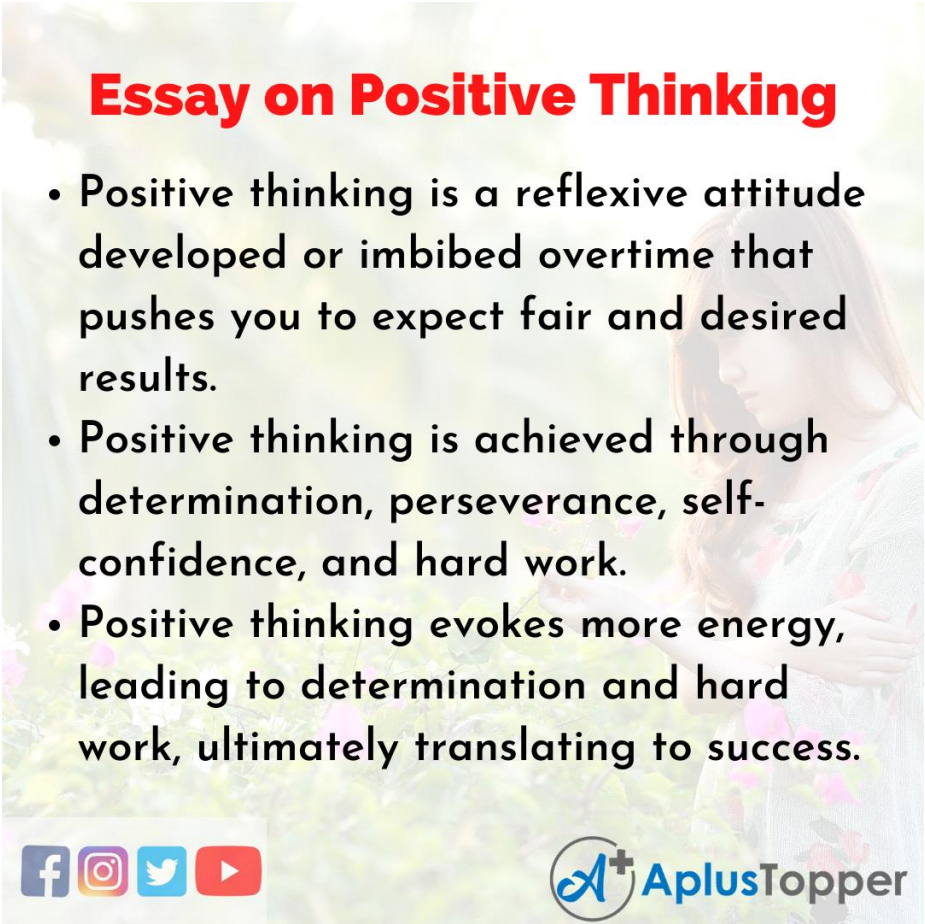
- *Helps achieving goals and attaining success.*
- *Success achieved faster and more easily.*
- *More happiness.*
- *More energy.*
- *Greater inner power and strength.*
- *The ability to inspire and motivate yourself and others.*
- *Fewer difficulties encountered along the way.*
- *The ability to surmount any difficulty.*
- *Life smiles at you.*
- *People respect you.*

Essay on Positive Thinking

- Positive thinking is a reflexive attitude developed or imbibed overtime that pushes you to expect fair and desired results.
- Positive thinking is achieved through determination, perseverance, self-confidence, and hard work.
- Positive thinking evokes more energy, leading to determination and hard work, ultimately translating to success.



- # Essay on Positive Thinking
- Positive thinking is a reflexive attitude developed or imbibed overtime that pushes you to expect fair and desired results.
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- 



A positive attitude is not just about sporting that smile on your face every time, it is more than that. It is about maintaining that optimistic mindset and attitude even when things are in utter chaos. It is often said that what good or bad diet does to your body, positive and negative thoughts do the same to your mind! Feed your mind with positive thoughts and you will see amazing changes around you.

When you start thinking optimistically, your mind becomes clear of any negative thoughts, and you will see the world in a new light. You will stop blaming yourself or others. You will be in total control of your emotions and try to seek a valuable lesson in every setback you experience.

Here are a few more reasons why one should develop a positive attitude in life:

Happiness: A positive attitude is known to be linked with the feeling of happiness. Happiness is a state of mind; it comes from within and not dependent on external factors. When you think positively, you will be in harmony and feel happy. To put it simply, with a positive attitude, you can be happy right now ... irrespective of any situations you are in.

Self-confidence: When you develop a positive attitude, you will start feeling better about yourself. You will treat yourself with more respect and love, and this in turn will boost your confidence levels and inner strength. You will take on new challenges and come out of your self-limiting beliefs.

Stronger immune system: People with a positive attitude are lively, energetic and healthy.

Positive thinking renders a positive effect on health as well; it lowers stress and improves your overall well being. Even when you fall sick, your body recuperates faster.

More focused: With positive thinking, you achieve emotional balance, which actually helps the brain to execute functions properly. You learn to stay focused and as a result, you can come up with the right decisions in challenging situations.

Training your mind to develop a positive attitude: Repeating positive affirmations is a great way to train your mind to think positively. Reading inspirational and motivational quotes on a daily basis will help you overcome negative thoughts and instill a sense of optimism in you.

When any unpleasant event occurs, approach it with a positive mindset and try to learn an optimistic lesson out of it.

Remember, your thoughts determine your feelings and actions. So, whenever any negative thought comes to your mind, immediately replace it with a positive one. Even if you are in a dire state of affairs, a positive mindset will help you sail through the difficult phase easily.

Resolve to be cheerful, no matter how the situation is. If things are not working in your Favour, instead of fretting, work towards your goals with a positive attitude and you will see amazing results soon!

NEGATIVE ATTITUDE;



Do you know someone who always has something negative to say about everything and everyone around them – even when they’re not asked for their opinion on anything at all?! Well, maybe they have a negative attitude. You might not be aware of it, but your attitude can have negative effects on the people around you. A good example of this is when someone is very negative and has a pessimistic attitude-they will often bring most people around them down with their negativity. It’s important to keep in mind that you don’t just have to “suck it up” or “deal with it” if your coworker always has something negative to say – they may need help.

Signs Of Negative Attitude

Negative attitudes may be a result of a variety of things, such as [bullying](#), [mental health issues](#), or past [trauma](#).

- A negative attitude can have an effect on your physical and emotional well-being.
- You may think that you’re just having a bad day but this may actually mean something more serious is going on.

If you find yourself with a negative attitude often or if it becomes extreme enough to start affecting your life in any way. Please get help from the appropriate medical professionals. This is a serious issue that should not be taken lightly. In conclusion, attitudes can affect your life in many ways and it’s important to keep in mind how this may occur.

Negative Attitude Examples List



A negative attitude can manifest itself in different ways. It can make you more pessimistic and critical of others. It can also lead to [resentment](#), frustration, and [anger](#). If left untreated, a negative attitude can cause [depression](#) and/or [anxiety](#). These are Negative Attitude Examples list-

1. Self-Defeating Talk

The first negative attitude examples list is self-defeating talk. Negative people will often put themselves down when they feel insecure or in order to get attention. Saying things like “I always mess up,” “I’m not good enough” or “people don’t like me” is self-defeating talk that’s a big red flag for a negative attitude.

2. Anger and Resentment

Some people become bitter and resentful because of the actions of others who have wronged them, but it's important to remember that bitterness can also be a sign of a negative attitude. If you constantly dwell on these feelings, even if justified, this resentment could manifest itself in many ways including sarcasm, impatience, and cynicism.

3. Argumentativeness

Having an argumentative attitude is another negative attitude example. People with an argumentative attitude are often argumentative just for the sake of being argumentative or try to have the last word in every conversation. Even if you're right about an issue, this doesn't justify treating people rudely.

4. Blaming Others



People who blame others for their own problems typically have a negative outlook on life and expect things to go wrong, even when they really shouldn't be taken personally. While it's important to take responsibility for your actions, it's also important not to let other people control your [moods and emotions](#) by making you feel like everything is your fault all the time. That type of thinking will only make matters worse.

Some people like to point the finger at other people instead of taking responsibility for their own problems. This can often turn into a nasty habit that makes your life worse and worse as time goes by and is another example of a negative attitude. The only way these things will change is if you take responsibility and make some positive changes in your life.

5. Pessimism

Negative people often expect things to go wrong and will assume that the worst will happen. They pay no attention to the good news because they're too busy waiting for something bad to happen. This is a classic symptom of what some call the "pessimistic explanatory style." It's as if negative people believe they have an inside track on how bad things are going to be so there's no point in trying to be positive or look on the bright side.

6. Complaining

Complaining about every little thing is also another example of a negative attitude. If you find yourself complaining constantly it can make you less likely to try new things and chances are,

your negativity will rub off on others well! So instead of focusing on the things that are wrong in your life, try to find some bright spots and celebrate them.

7. Blaming Circumstances

Do you always blame your circumstances for how you feel and what happens to you? If so, this is another sign of a negative attitude. Everything from where you live to where you work can be blamed on outside sources rather than something within yourself such as “my life sucks because I live in the ghetto.” A more positive way of looking at it might be, “I live in the ghetto, but my family loves me and we’re happy here.”

8. Laziness

Negative people see challenges as obstacles, and this often leads to laziness or [procrastination](#) when they get busy with other activities. When you use the word “but” to connect your excuses, this is another sign of a negative attitude. For example:



- I want to do well in school, but I just don’t have time, or
- I am going to work out but it’s so hard finding the time.

These excuses sound like they were written by somebody with a very negative outlook on life! Positive people might say something like: “I want to do well in school and I’m going to make time for it.” Or “I can find time for working out if I schedule it into my day.”

9. Negative Assumption

Do you automatically assume the worst will happen? If so, it might be a sign of a negative attitude. For example:

- I’m not going to ask for directions because they’ll think I’m stupid if I get lost, or
- He didn’t say Happy Birthday to me-he must hate me!

10. Compared with others

Comparing yourself to others is a sign of a negative attitude. Negative people make a habit of comparing themselves to other people in order to feel better about themselves, though it sounds backward!

If I’m prettier than she is or more successful than he is, then I must be okay!

11. Never Satisfied

People with a positive attitude are typically satisfied with their lives and what they have been given. They understand that there isn't always going to be enough time in the day or money in the account but when something good does happen it's celebrated instead of taken for granted. Positive people also realize that nobody has everything figured out all the time and setbacks come with the territory, so they deal with them accordingly.

12. Anger



When you're in a bad mood all the time and find that you're grumpy, irritable, or easily angered it's another sign of a negative attitude. This is not to say that every once in a while, you can't have a bad day but if your whole outlook on life is negative then your anger may become so overwhelming that people choose to stay away from you because they don't want to deal with it!

13. Selfishness

Being selfish is another symptom of what some consider a negative attitude. If you focus solely on yourself and have trouble thinking about other people's feelings then chances are, this will be an ongoing issue for everyone involved in your life until something changes.

There are many other examples of negative attitudes which you can find these days on the internet. We hope that you will like our article and it is useful for you. Thank you!

How Negative Attitude May Affects Others?



I know someone who always has something negative to say about everything and everyone around them – even when they're not asked for their opinion on anything at all?! Well, maybe

they need help changing their attitude because having a constant pessimistic view of the world can have negative effects on anyone around them. Here are some examples of how your attitude can affect others:

- No one wants to be around someone who never sees the good in people or things.
- A negative attitude can affect your emotional and physical well-being.
- No one is going to want to hang out with you if you're just down all the time!
- If things don't always go as planned, it's important to learn from this experience as opposed to always dwelling on what went wrong or how someone else was at fault for your mistakes/misfortune.
- A positive attitude will help you get through any obstacles that come your way, whereas a negative attitude may cause you to become more susceptible to depression or [anxiety disorders](#)
- Do not think that a bad day means anything other than a bad day – sometimes we all need a good cry, but it doesn't mean there's something more serious going on.
- If you find yourself with a negative attitude often or if it becomes extreme enough to start affecting your life in any way – please get help from the appropriate medical professionals. This is serious and should not be taken lightly.

Consequences If You Don't Change Your Attitude



If you don't change your negative attitude, there are a few negative consequences that you may face.

- You may start to feel more alone and isolated from the people around you
- Your physical and emotional health may decline
- You may be less likely to succeed in your goals or achieve your dreams

- You may start to experience more anxiety or depression
- It's important to remember that having a negative attitude can also lead to harmful behaviors, such as alcohol or drug abuse
- You might be less likely to take risks in life
- People may begin to avoid you because of how negative you are

How To Think Positive?

Negative attitudes can affect your daily life and anyone who is around you – so the best thing that you can do is try to change them. Here are some ways to start:

- Think positively about everything that happens no matter how bad or small.
- Make time for yourself every day even if it's just for five minutes, whether this means taking a walk outside, watching an episode of your favorite show, or reading a book in silence! This will help clear your mind and reset your energy levels for the rest of the day/[night](#).
- Start saying positive affirmations to yourself as a way to retrain your brain. This is one form of [Cognitive Behavioral Therapy](#) that some people have been using for years!
- Don't blame others or things for something going wrong, this will only make you feel worse! Take a step back and look at the situation from a new perspective, you'll start to see things differently soon enough.
- Remember that [relationships](#) are important too – if you find yourself constantly complaining about how bad someone is then it's probably time to move on!
- If negative thoughts creep up on you regularly, try writing them down and putting them in a jar every night before bed. In the morning take those pieces of paper out of the jar and set them on fire. This will help you to start seeing things differently and give you a new, positive outlook on life.

Conclusion

We hope you found our list of negative attitude examples list helpful. While there are many other examples, this should serve as a good place to start if you're trying to identify behaviors that may indicate negativity in yourself or others. If you want help identifying any of these issues for yourself. Feel free to reach out.

1. "Failure is part of learning."

Positive people view failure as an opportunity to learn and get better. They understand that failure is an event and doesn't define who they are. Negative people are emotionally disabled by failure because they allow it to define who they are. They fail to understand that it's part of the learning and growing process.

2. "I can do hard things."

Positive people love to be challenged. They understand that there is no growth without struggle. Positive people embrace difficulty and look for ways to overcome them. Negative people love the easy road. Because obstacles increase the likelihood of failure, they try to avoid them like the plague. To negative people, hard times don't make you, they break you.

3. *"I always give my best."*

Positive people focus on giving their best effort, regardless of the situation. They understand that there are many things they cannot control, but effort is not one of them. No matter what, the positive person strives to give their best — even if it isn't much. Negative people want things to come easy to them. If they have to try hard, they believe they just aren't good at it and give up. They are more likely to give their absolute best if they know people are watching them.

4. *"She is inspiring!"*

Positive people are inspired by the success of others, they look at those who are excelling and ask themselves the question, "What can I learn from them?" Negative people become jealous and threatened by the success of others. To negative people, when others succeed it means they are failing.

5. *"What can I do better?"*

Positive people embrace feedback. Because they are always striving to get better, they are open to learning anything that will enhance their skill set. Negative people get offended when they receive correction or feedback. Instead of seeing it as a means to improve, they interpret feedback as a sign of their incompetence.

6. *"I give power to what I focus on."*

Positive people focus on things they can control. They understand that their happiness is dependent on how they choose to respond to what happens to them. Positive people believe that they give power to what they focus on, so they use it wisely. Negative people center their focus on things they can't control. For example, they ruminate over past conversations, beat themselves up on past mistakes, and allow their fear of the future to stop them in their tracks today.

7. *"People can change."*

Positive people know that the only thing that doesn't change is *change*. They believe that they can change, and that other people can change. Negative people believe that people are fixed; therefore, they don't try to improve because they believe, "What's the use?" Additionally, negative people don't allow others to change. Once a negative person puts a label on something, it's very difficult for them to see it in a different way.

8. *"I still have a lot to learn."*

Positive people love to learn. They understand information evolves, and what used to work 10-years ago, might not be effective today. Negative people believe they know it all and are less

likely to welcome new information if it contradicts what they believe. They care less about what's right, and more about who's right.

9. *"Let's go big!"*

A positive person isn't afraid to swing for the fences because they don't fear striking out. A negative person not only thinks small, but they also try to convince others that their dreams and aspirations are too big.

10. *"Have you heard about?"*

Positive people build others up when they aren't around. Negative people tear people down to make themselves feel good.

11. *"I am my own worst enemy or best friend."*

Positive people have effective self-talk. They are aware of the story they tell themselves, and don't allow their own thoughts to discourage them. Additionally, they are realistic with their expectations. Positive people don't feed themselves lies about their weaknesses or how difficult the situation is. Instead, they tell themselves what they need to do to succeed. Negative people are their own worst enemy. They struggle to see the bright side of anything, even if they are successful. They are also masterful at focusing on all the negative aspects and diminishing their own confidence.

12. *"What is my body saying?"*

Positive people carry themselves like champions. They are purposeful in the way they interact with people and their facial expressions show positivity. Negative people carry themselves small. They hang their heads and look down. Just by looking at them, you would think they are mad, sad, or indifferent — definitely not happy.

13. *"Teamwork makes the dream work."*

Because they are team players, positive people will get behind and support ideas that are not theirs — even if they might disagree with it. Negative people have a hard time fully supporting ideas they feel won't be successful. When an idea that wasn't theirs doesn't succeed, they are sure to give their teammates the "I-told-you-so" expression

14. *"What's the bright side?"*

Positive people have an attitude of gratitude. They can see the good in a situation, and don't take things for granted. Negative people struggle to see the silver-lining in difficult situations. They don't often take the time to stop and notice the positive aspects of a situation.

15. *"You're so good!"*

Positive people like to spread positivity. They pay close attention to when others do well, and they are quick to tell them. Negative people say, "Why would I compliment people for things they are supposed to do?" What they don't understand is, it's not about the compliment, it's about showing the other person that you notice them. A simple compliment can strengthen

relationships and motivate the person to do even better. Positive people don't underestimate the power of encouraging words.



BE YOURSELF Attitude Quotes for Girls

1. Live life to express, not to impress.
2. Real is rare, and fake is everywhere.
3. My attitude is a reflection of my knowledge, not my ego.
4. Be yourself; everyone else is already taken. – Oscar Wilde
5. Stay original and let the world copy you.
6. Be the art that no one understands.
7. Why fit in when you were [born to stand out](#)?
8. [Beauty](#) begins the moment you decide to be yourself.
9. Do the universe a favor – don't hide your magic.

10. Be authentic, not unique.

CAUTIOUS RESPECT Attitude Quotes for Girls

1. If you can't be kind, be quiet.
2. I'm not rude. I just say what others don't have the guts to say.
3. Judge me when you are perfect.
4. If your ego speaks, my attitude reacts.
5. Say what you feel. It's not being rude. It's being real.
6. I'm kindly sorry if you don't understand my level of thinking.
7. I am worthy of the respect of others. Everyone is.
8. Reacting in anger or annoyance will not advance one's ability to persuade.
9. If speaking kindly to plants grows them, imagine what speaking kindly to humans can do.

ACHIEVEMENT Attitude Quotes for Girls

1. Impossible is just an opinion.
2. You're allowed to outgrow people.
3. Wake up [beauty](#), it's time to beast.
4. Your direction is more important than your speed.
5. [Be brave](#) enough to be bad at something new.
6. Prove yourself to yourself, not others.
7. Don't forget the lifestyle you have promised to yourself.
8. Always level up.
9. Love is easy, but the queen is busy.
10. Your attitude determines your direction.
11. I am going to [make you so proud](#). – Note To Self
12. You owe it to yourself to try.
13. You know who's going to give you everything? Yourself.

14. Maybe you should hustle as hard as you overthink.
15. [Stop overthinking](#) things and just do.
16. If you don't like where you are, MOVE. You are not a tree.
17. The question isn't who is going to let me. It's who is going to stop me.
18. If people are [doubting](#) how far you can go, go so far that you can't hear them anymore.



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POSITIVE Attitude Quotes for Girls

1. You never know who needs you. [Good energy is contagious](#).
2. Always bring your own sunshine.
3. Things to remove at the end of the day: your bra, your makeup, [toxic people](#), and limiting beliefs.
4. The less you care, the [happier](#) you are.
5. Everything is *forfeitable*.
6. Stay focused and extra sparkly.
7. Beautiful minds inspire others.
8. You [glow](#) differently when you're happy.
9. I never lose. I either win or learn.

SURVIVOR Attitude Quotes for Girls

1. The days that break you are the days that make you.
2. Just say “yikes” and move on.
3. Hunt your own dragons, Princess.
4. Turn your wounds into wisdom. – Oprah Winfrey
5. A woman unaffected by bad mouths makes her enemies powerless.
6. You are not going to heal if you keep pretending you aren't [hurt](#).
7. Always be proud of how hard you're trying.
8. [The hurt](#) is not my fault. But healing is my responsibility.
9. You are strong enough to face it all, even if you don't feel like it right now.
10. If you're [sad](#), add more lipstick and charge. – Coco Chanel
11. They say I have changed a lot. I say a lot changed me.

FLIRTY Attitude Quotes for Girls

1. Hard to get... Hard to forget.
2. [You ignore me](#) but you'll crave for me tomorrow.
3. I may be quiet, but I am not blind.
4. I would break my own heart to keep yours safe.
5. Told you so... – Your Intuition
6. I probably should have been born with a warning label.
7. I know looks aren't everything, but I have them just in case.
8. I like my coffee how I like myself – dark, bitter, and really hot.

EMPOWERING Attitude Quotes for Girls

1. I love when women realize they're not asking for too much.
2. Unbothered. Moisturized. Happy. In my lane. Focused. Flourishing.
3. She wasn't fragile like a flower. She was fragile like a fire.
4. [Be classy](#) but also be indestructible.
5. When life gives you lemons, squeeze them into their eyes.
6. Sometimes, you got to be the beauty AND the beast.
7. She remembered who she was and then the game changed.
8. Inhale [confidence](#), exhale doubt.
9. Don't [be a lady](#), be a legend.
10. Visualize as your highest self and start showing up as her.
11. I deserve all that is good.
12. Once in a while, blow your own mind.
13. And now I will do what's best for me.



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CONFIDENCE Attitude Quotes for Girls

1. The only person I need to compare myself to is my yesterday self.
2. You alone are enough. You have nothing to prove to anybody. – Maya Angelou
3. Confidence comes not from always being right, but from not fearing to be wrong.
4. Breathe and remember who you are.
5. Trust yourself. You know more than you think you do. – Dr. Benjamin Spock
6. Fake your confidence. And fake how sure you are of yourself. Eventually, it will just start happening.
7. The best way to [gain confidence](#) is to do what you are afraid to do.
8. She dressed in confidence every day and refused to wear anybody else's insecurities.
9. Confidence is not walking into the room thinking you are better than everyone, it's walking in not having to compare yourself to anyone at all.
10. Confidence has no competition.
11. The hardest step she ever took was to blindly trust in who she was. – Atticus
12. The most alluring thing a woman can have been confidence. – Beyonce
13. Your crown has been bought and paid for. Put it on your head and wear it.
14. There's power in looking silly and not caring that you do. – Amy Poehler
15. Self-confidence is a superpower. Once you start [believing in yourself](#), the miracles start happening.
16. With confidence, you have won before you even started.

SISTERS, NOT ENEMIES! Attitude Quotes for Girls

1. Queens don't compete.
2. Sister, we are not getting back to what broke us.
3. We're diamonds, girl. They can't break us.
4. We rise by lifting others.
5. Girls compete. Women empower.
6. Empowered women empower women.

7. Supporting another's success won't ever dampen yours.
8. There's enough room for all women to be whole without tearing each other apart.
9. Individually, we are single drops. Together we are an ocean.
10. A flower doesn't think of competing with the flower next to it. It just blooms.

RELATIONSHIPS Attitude Quotes for Girls

1. My attitude is based on how you treat me.
2. Sometimes you just have to accept the fact that some people come to your life as temporary happiness.
3. If you lost someone but found yourself, you won.
4. If you treat me as an option, I'll leave you as a choice.
5. Don't allow someone to treat you poorly just because you love them.
6. Be the love you believe you deserve.
7. Your [self-respect](#) got to be stronger than your feelings.
8. Stop asking why they keep doing it and start asking why you keep allowing it.
9. Shower me with loyalty – I can finance myself.

NO DRAMA Attitude Quotes for Girls

1. You will be too much for some people. Those aren't your people.
2. Shoes or people – if they bother you, they're not your size.
3. My hobbies include having no time for nonsense.
4. Don't create drama. Don't invite it. Don't associate it with it.
5. Sometimes it's better to [react with no reaction](#).
6. The only drama I enjoy is in my lashes.
7. People who have no life will always try to start a drama in yours.
8. Protect yourself. Keep your distance from [negative people](#). They have a problem for every solution.
9. I'm not anti-social. I'm anti-drama.

10. Maturity starts when drama ends.
11. Just because [someone thinks something about you](#), it doesn't make it true.
12. Your life isn't yours if you always care what others think.
13. I prefer loneliness over fake company.
14. How beautiful it is to stay silent when everyone expects you to be boiling.
15. No. Is a full sentence.

RADICAL SELF-LOVE Attitude Quotes for Girls

1. Can't see any competition... My lashes are too long.
2. I am [not perfect](#), but I am limited edition.
3. Real girls are never perfect, and perfect girls are never real.
4. Be like the sun. Keep on shining and let them burn.
5. There is no competition because nobody can be me.
6. Put yourself first and don't apologize for it.
7. Keep your heels, head, and standards high.
8. No one can make you inferior without your consent.
9. [Learn to love yourself](#) without the love of others.
10. [Self-love](#) is the greatest self-development of all time.
11. Talk to yourself like you would to someone you love.
12. Loving yourself is you taking your power back.
13. Make sure your worst enemy doesn't live between your own two ears. – Laird Hamilton
14. Life is too short to spend it at war with yourself.
15. [Be proud of your body](#).
16. How you love yourself is how you teach others to love you. – Rupī Kaur

STRONG Attitude Quotes for Girls

1. It's not your job to like me. It's mine.
2. Today, be the girl you were [too lazy](#) to be yesterday.
3. Queens will always turn discomfort into power.
4. We don't accept [negative vibes](#) here. Move along.
5. You can play the game, or you can change the game.
6. Strong women get what they want in life because they're not afraid to ask for what they want.
– Christina Aguilera
7. Either I will find a way, or I will make one.
8. Anything's possible if you've got enough nerve.
9. Better to be strong than pretty and inefficient.
10. You can watch me, [challenge](#) me, try to block me, but you can't stop me.
11. She's a warrior with a big heart. – R. H. Sin
12. She was the type of girl the moon chased, and the stars wished for.
13. Your potential to [succeed](#) is infinite.

SMART Attitude Quotes for Girls

1. Girls should NEVER be afraid to [be smart](#). – Emma Watson
2. A wise girl knows her limits, a smart girl knows she has none. – Marilyn Monroe
3. Beautiful things don't ask for attention.
4. When someone says you can't do it, do it twice. And take pictures.
5. Be classy, sassy and infinitely smart.
6. If you can't convince them, confuse them.
7. You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. – Dr. Seuss
8. Don't adapt to the energy in the room. [Influence the energy in the room.](#)
9. You are kind. You are smart. You are important. – Aibileen Clark
10. A true sign of intelligence is not knowledge, but imagination.
11. Your most sensual body part is your brain.

12. Create the things you wish existed.
13. A smart person knows what to say, a wise person knows whether to say it all.
14. Have more than you show and speak less than you know.
15. Once you need less, you will have more.
16. The art of knowing is knowing what to ignore.

CUTE AND FUNNY Attitude Quotes for Girls

1. Chocolate doesn't ask silly questions. Chocolate understands.
2. Maybe she's mad, maybe she just needs carbs. You never know.
3. May the behind get fatter and the belly flatter, cheers!
4. Not all girls are made of sugar and spice, and everything is nice. Some girls are made of irony, wine, and everything is fine.
5. I promise I am a lot nicer than my "resting gym face".
6. I wish I was a little kid so I could take naps, and everyone would just be proud of me.
7. Life status: currently holding it all together with one bobby pin.
8. *Catches feelings. *Throws them back. *
9. Every time I eat a salad, I'm like "my life better change after this."
10. Girls are simple. Their yes means yes, no means yes & no means no, & no means maybe, but maybe means yes & maybe means no.
11. I am not lazy; I am in an energy-saving mode.
12. What's a girl without her king? Well, historically speaking, a queen with more power.
13. Nobody types faster than an angry girl.
14. Happy girls are the prettiest.
15. I ate 12 times and took 5 naps and it's still today.

LIFE, FREEDOM AND PEACE Attitude Quotes for Girls

1. Life is not measured by the number of breaths we take, but by the moments that take our breath away. – Maya Angelou

2. If it costs you your [peace](#), then it is too expensive.
3. If you obey all the rules, you miss all the fun. – Katherine Hepburn
4. No matter the situation, remind yourself that you have a choice.
5. Breathe it all in. Love it all out.
6. Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.
7. The grass is greener where you water it.
8. Stop trying to calm the storm. [Calm yourself](#). The storm will pass.
9. It doesn't take a lot of strength to hang on. It takes a lot of strength to [let go](#).
10. Stop shrinking yourself to pieces you have outgrown.
11. Wherever life plants you, bloom with grace.
12. I no longer force things. What flows, flows. What crashes, crashes. I only have space and energy for things that are meant for me.

A Project on Value Education Motivation

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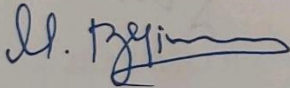
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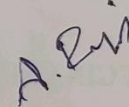
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VALUE EDUCATION

VALUES FOR LIFE –MOTIVATION

INTRODUCTION:

Workers are a fundamental component of every organization. These people are the primary machinery of the business and they are indispensable since they carry out the tasks necessary for the business or company. For this reason, people can be categorized as a crucial asset in every organization. They give the business a competitive edge over its rivals in the market and enable it to succeed in any given field.

Without the workforce, the business or organization would not exist to begin with. From this realization of the importance of the human factor, all organizations have a Human Resource (HR) department that is charged with handling issues concerning the members of the organizations.

Personnel in the HR field assert that there are a number of factors which affect the performance of the individual in the organization.

This assertion is backed by research by many experts in psychology. One factor which stands out is motivation. It is therefore of great importance for the organization to know how to motivate its workforce. This paper will discuss the importance of motivation in the workplace and give various ways that can be used to motivate workers.

WHY MOTIVATION IS NEEDED?

One fact about human beings is that they cannot be counted on to work on the same task consistently over a period of time and give uniform good results. This may be attributed to the

fact that humans tend to tire after some time which is the difference between humans and machines. People experience a “burn out” from working for long periods especially if it is work that the individual finds routine or is unenthusiastic about. Because of this, every worker needs to be motivated in order to perform his/her work effectively.

By definition, motivation is the process of stimulating people to action to accomplish desired goals. Motivation entails providing a person with reasons or incentives to carry out the required tasks. A motivated person is one who is inspired to achieve the desired goal. The value of motivation cannot be overstated and motivation is of core value in all aspects of life.

Two main kinds of motivation exist namely: intrinsic and extrinsic motivation. In intrinsic motivation, the person is internally motivated and they perform the desired tasks out of their own pleasure or desire. On the other hand, extrinsic motivation occurs as a result of external factors such as promise of reward or need to avoid punishment by the individual (Pan 2010).

As a process, motivation involves engaging a person such that they show desirable behavior or perform certain required action. Motivation is an interdisciplinary issue and it is studied in: psychology, economics, political science, education and sociology. A asserts that motivation acts on the knowledge of “what causes people to behave as they do”.

Interestingly, motivation is an internal state which is responsible for making people to behave in specific ways so as to achieve certain goals and purposes. The outward manifestations are observable to people but motivation itself remains internal.

The work place is one of the places where motivation is highly desirable. Coming up with effective ways to motivate the employees mostly poses as a major challenge for the employers. This is in spite of the fact that highly motivated employees are key to the success of the business. Highly motivated workers exhibit greater work satisfaction and as such, their work performance is higher.

People in the work place therefore need to be constantly motivated to ensure that work is done efficiently. However, the people making up the workforce differ greatly from each other and as

such; any one single motivational tactic may not work universally. Every person has varying reasons for working and their desires differ to a large extent.

Even so, it can be universally claimed that we all work because we need to achieve something that can only be obtained through working. These needs may include: salary, personal fulfillment, professional growth. These needs can be used as the basis for motivating the employee to perform good work.

While it is generally agreed that the employee must be satisfied with the remunerations they are receiving from the company, there are many other facts that affect the performance of the employees and therefore cause unsatisfactory performance. Numerous studies and research efforts have been undertaken on motivation and its effect on workers.

Effective motivational strategies are necessary to ensure that every individual in the organization is properly motivated. This will lead to a boost in individual performance and by extent, increased productivity for the organization.

In return for this performance, the organization gives the employee some monetary remuneration. Motivation plays a large and significant part in the great and holistic performance of employees. The work performed by the employee may be driven by some intrinsic motivation and with this in mind; the altruistic motives of the employee can provide the grounds from which to undertake motivation.

MOTIVATIONAL METHODS:

From the many studies undertaken in motivation, there are a number of motivational theories of motivation that can be implemented in to motivate workers. Some of these theories and models were advanced by the best minds in behavioral psychology such as Maslow, Taylor and Herzberg. Maslow's hierarchy of needs theory is arguably the most influential motivational theory is.

This theory as proposed by Abraham Maslow states that human needs can be viewed as a hierarchy and people are constantly ascending from the lowest to the highest. The five levels of the pyramid are physiological, safety, emotional (love), esteem and self-actualization (Simons et al 1996).



Maslow theorizes that when one set of needs is satisfied, it ceases to be a motivator to the individual and without the lower needs being satisfied, it is difficult for an individual to aspire to fulfill the higher level needs. This particular theory offers a basis from which employees can be motivated.

The two factor theory of motivation advanced by Frederick Herzberg suggests that in addition to the monetary rewards which can highly motivate an employee, such as the work conditions can act as incentives for employees to be more productive.

The employer is therefore supposed to let the employees know of the monetary remunerations as well as non-monetary benefits so as to properly motivate the workers to produce even higher performances (Simms 2007).

Organizations in the US engage in intensive non-monetary incentives as can be seen from the fact that nearly 27 billion dollars is used for travel, meals, merchandises and recognition awards (International Society for Performance Improvement & The Incentive Research Foundation 2002).

The motivation factors which include achievement and recognition, advancement and growth and responsibility must be present since these are the factors that create a drive in the employee. He states that a company can use simple methods such as recognizing hard work and performance of individual employees during meetings.

The workplace environment also influences the performance of the workforce. Creating a harmonious workplace environment is therefore one of the ways through which employee productivity can be raised since this demonstrates that the inputs of the employees are valued and appreciated by the organization.

In addition to this, the company lets the employees know of changes that are about to take place that could affect the employees in one way or the other. Through this means, the employees view themselves as a valuable part of the organization and are supportive of changes proposed by the company.

Another motivational strategy that is similar to the above is storytelling. Silverman (2006) defines the concept of storytelling as creating an organizational culture where employees are given a platform on which to voice their “stories” and subsequently, their stories are acted upon showing that they are given value and importance.

These stories also influence other workers and create a feeling of togetherness. Such a relationship makes the employees feel like valuable members of the organization which invariably translates to higher and better work performance by the workforce.

The scale has “feeling and doing absolutely nothing” on one extreme and “being passionately committed and deeply involved” on the other extreme. By using such a scale, the manager can

assess commitment and accurately develop the best way in which to motivate the individual employee.

Besides stipulating goals and objectives that the employees should accomplish, it is important to the motivation efforts for the employee's job to be regarded as valuable. If the employees do not get the feeling that their work is valued and considered important, they will be less motivated to do their work. Employers are therefore taxed with the job of validating the work that individual employees take part in.

Employers can provide their staff with rationale of their jobs and demonstrate how their specific work contributes to the achievement of company goals and objectives (Wright 2001).

As has been noted before, performing repetitive tasks may result in decreased work performance due to work becoming routine for the employee.

MOTIVATION LEADS TO SUCCESS: TOP 5 EXAMPLES:

Motivation is the ultimate key to success. The journey toward any goal is always fraught with hardships that tempt you to quit. But with the right motivation, you can keep sight of your goals and make it to your finish line. The search to find the source of people's motivation and how to sustain its momentum has been a favorite subject among psychologists and management experts. This interest has engendered several motivation theories applied across society, whether at home, school, or work.

Read on for great essays and prompts on motivation leading to success, and find yourself filled with the motivation to get your essay done.

DON'T BE AFRAID TO FAIL. BE AFRAID NOT TO TRY.

5 TOP EXAMPLES:

1. THE POWER OF SELF-TALK: by Teri Karjala

“Powerful and positive self-talk can change your entire mindset, which can affect your actions. That, in turn, can have a massive impact on how successful you are on any journey you take or any obstacle you face.”

Practicing positive self-talk can help turn self-doubt into concrete positive actions toward your goals. There are several ways to establish a habit of positive self-talk that will fuel our motivation. Such habits include steps as simple as changing how we address ourselves and physical activities, such as exercising and volunteering for social activities.

2. THE GOLDBLOCKS RULE: How to Stay Motivated in Life and Business by James Clear

“It is hard to imagine a situation that would strike fear into the hearts of more people than performing alone on stage and failing to get a single laugh. And yet Steve Martin faced this fear every week for eighteen years.”

The essay chronicles the success of American comedian Steve Martin, offering an excellent example of someone who has applied the so-called Goldilock’s Rule. Goldilock’s Rule states that people’s motivation is at its peak when they face manageable challenges. Psychologists also add that immediately receiving positive feedback will also motivate people to work their way to success with more determination than ever.

3. CAFFEINE, EXERCISE AND THE BRAIN: How ‘Doping’ with Psychoactive Drugs can Boost Motivation by Ian McMahan

“When motivation is low and perceived effort high, the couch wins. So if a cup of tea or coffee can get you out and exercising, Marcora’s research suggests it’s worth a try.”

This article describes how your fitness and body toning goals would have been easier by keeping motivated. It also describes the quick fix that could eradicate psychological barriers to exercise: the mildly stimulating “drug” called caffeine.

4. HOW TO MOTIVATE YOUR PROBLEM PEOPLE: by Nigel Nicholson

“Everyone knows that good managers motivate with the power of their vision, the passion of their delivery, and the compelling logic of their reasoning. Add in the proper incentives, and people will enthusiastically march off in the right direction.”

By coaxing problem employees to do better, managers are not only demotivating them further but are stoking the fire in an already dysfunctional relationship. This is the last thing managers would like to do if they still want to unlock employees’ intrinsic motivation and channel it toward the company’s goals. Before seeing problem employees as the main cause of the problem, managers must look inward and be more flexible in setting goals.

**5. HOW TO OVERCOME SELF DOUBT AND A LACK OF MOTIVATION by
Leo Babuata**

“It can be hard to get moving when you are stuck. This is how I felt in 2005 when I couldn’t change any of my habits. It was really hard to motivate myself when I didn’t think I would succeed, when I felt horrible about myself. But I took one small step, and it felt good.”

We all have that day when a lack of motivation strikes us. This article reassures us that experiencing sluggishness and self-doubt is okay. But instead of wallowing in self-pity, we can still make that bad day count by taking a small step and changing our perception of ourselves and the world around us.

A Project on Value Education
Goal Setting

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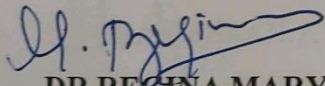
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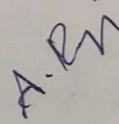
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- FLOW CHART OF GOAL SETTING
- GOAL SETTING IN PERSONAL LIFE
- DIFFICULTIES THAT MAY BE
FACED ALONG THE WAY
- GOAL SETTING MISTAKES
- REFERENCES

INTRODUCTION:

This Article deeply explains about the self-esteem value,"GOAL SETTINGS" According to wikipedia,"Goal setting involves the development of an action plan designed in order to motive and guide a person or group toward a goal. Therefore, Setting Goals means that a person has committed thought, emotion, and behaviour towards attaining the goals.

Key words: Visions, Strategy, Vague, Attain, Perspective.



GOAL SETTING:

Goal Setting is used by top-level athletes, successful business-people and achieves in all fields. Setting Goal gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organise your time and your resources so that you can make the very most of your life. You will also raise your self-confidence, as you recognize your own ability and competence in achieving the goals that you've set.

Grow what matter

One step

At a time

Little by little, your

Steps will add up.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those Goals and you'll see forward progress in what might previously have seemed a long pointless grind.



SMART GOALS:

One practical way of setting goals is to use the smart mnemonic. While there are several variants, SMART usually stands for:

SPECIFIC: Set specific goals that are fairly detailed goals that are specific help us to focus our efforts and clearly define what we are going to do. If a goal is too vague, it is the

hard to measure or determine if you are successful in reaching it.

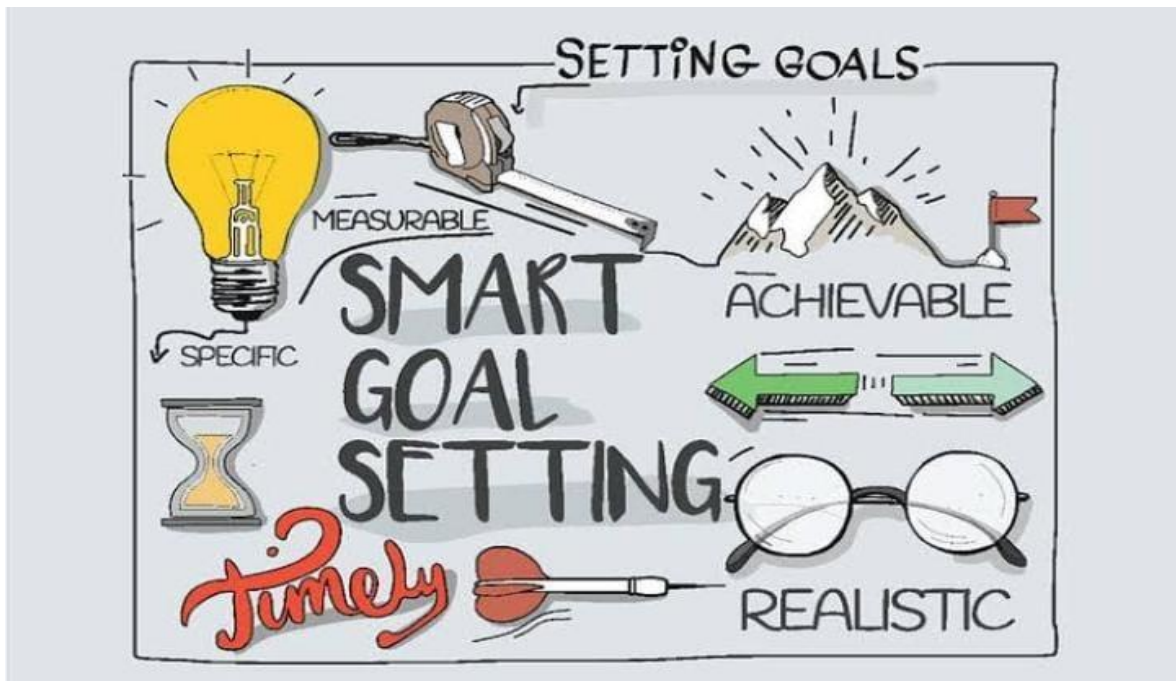


MEASURABLE: Establish criteria for measuring the progress towards the attainment of reach goal you set. If it is not measurable it will become almost imposiible to tell if you are successful or to take the goal to the goal to the next level.

“It’s Never too late to be what you
Might have been”

-GEORGE ELIOT

ATTAINMENT: Set goals that you can attain. If a goal is not attainable, you may lose motivation and fall short of your goal. You may also lose some self confidence.



RELEVANT: Set Goals that you will feel good about attaining or achieving that is relevant to your life. Relevant Goals provide intrinsic motivation to achieve them. If a goal is not rewarding or relevant you may lose the desire to achieve it.

TIME BOUND: Set a date on when you plan to achieve your goal. Do not set a goal to “lose 24 pounds by November 1”, without a specific date for competition, you may lose your commitment to achieving it your objective should include a time limit. It will establish a sense of urgency and prompt you to have better time management.

BENEFITS OF GOAL SETTING:

Goals are things we consciously want to accomplish, attain, or achieve setting goals helps us,

- To Decide what we want to achieve in our lives.
- To Maintain Focus and perspective
- To establish priorities by separating what is important from what is not as important.
- To build self confidence and self-esteem.



IMPORTANCE OF GOAL SETTING:



Many people often find themselves wishing they are Happy, Successful, Wealthy and so on. These are the important goals that can enhance the quality of one's life. The importance of goal setting lies in the fact that it gives direction to the journey, while also allowing flexibility in overcoming obstacles. So, in that way Goal setting is important.

KEY PRINCIPLES GOAL SETTING:



COMMITMENT: Commitment refers to the degree to which an individual is attached to the goal and their determination to reach it – even when faced with obstacles.

Goal performance is strongest when people are committed, and even more so when said goals are difficult. Once they're committed, if an individual discovers their performance is inadequate, they are likely to increase their effort or change their strategy in order to attain it. Namely, the perceived desirability of a goal and the perceived ability of achieving it. To be successful, you must possess the desire and a comprehensive understanding of what is required to achieve your goal.



CLARITY: Specific goals put you on a direct course.

When a goal is vague, it has limited motivational value. Goal clarity is positively related to overall motivation and satisfaction in the workplace. Set clear, precise and unambiguous goals that are implicit and can be measured. When a goal is clear in your mind, you have an improved understanding of the task at hand. You know exactly what is required and the resulting success is a further source of motivation.

CHALLENGING: Goals must be challenging yet attainable. Challenging goals can improve performance through increased self-satisfaction, and the motivation to find suitable strategies to push our skills to the limit. Conversely, goals that are not within our ability level may not be achieved, leading to feelings of dissatisfaction and frustration.



We are motivated by achievement and the anticipation of achievement. If we know a goal is challenging yet believes it is within our abilities to accomplish, we are more likely to be motivated to complete a task.

TASK COMPLEXITY: Miner (2005) suggested that overly complex tasks introduce demands that may mute goal-setting effects. Overly complex goals that lie out of our skill level may become overwhelming and negatively impact morale, productivity, and motivation. The timescale for such goals should be realistic. Allowing sufficient time to work toward a goal allows opportunities to reassess the goal complexity, while reviewing and improving performance. Even the most motivated of people can become disillusioned if the task's complexity is too great for their skills.

FEEDBACK: Goal setting is more effective in the presence of immediate feedback. Feedback – including internal feedback – helps to determine the degree to which a goal is being met and how you are progressing. Unambiguous feedback ensures that action can be taken if necessary. If performance falls below the standard required to achieve a goal, feedback allows us to reflect upon our ability and set new, more attainable, goals. When such feedback is delayed, we cannot evaluate the effectiveness of our strategies

promptly, leading to a potential reduction in the rate of progress. When we perceive our progress towards a goal as adequate, we feel capable of learning new skills and setting more challenging future goal.

OBJECTIVES OF GOAL SETTING:

The Objective of Goal Setting is to present yourself with a framework of opportunities along with the necessary planning required to pursue those opportunities. Many people think that goals and objectives are the same thing, but there are critical differences. A goal is a broad, overarching idea or vision of where you want to end up in a certain time frame. Objectives are the specific stepping stones or milestones that pave the path towards reaching the goal.



Objectives are important because they keep the goal alive and are the smaller, time-bound steps that get you closer to the specific result you want.



STEPS TO SET GOALS:

By practicing the effective Goal strategies, we can attain success. And the strategies has been mentioned below,

- Make your goal specific
- Create measurable goals
- Be realistic with your goals
- Set priorities
- Keep track of your goals
- Keep setting goals
- Assess your goals



FLOW CHART OF GOAL SETTING:



GOAL SETTING IN PERSONAL LIFE:

IDENTIFYING SUB-GOALS: Common personal goals include losing weight, achieving good grades, and saving money. The strategy for goal setting begins with the big picture; taking a look at the big picture before breaking it into smaller components allows one to focus on the primary goal. The main goal is set, breaking it up into smaller, more achievable components helps in the planning portion of setting the goal. These smaller, more obtainable objectives promote self-esteem and provide instant feedback to keep the individual on task.

TIME AND TASK MANAGEMENT: Time_management is the practice of systematically finishing tasks assigned by superiors or one's self in an efficient and timely manner. Time management steps require identifying the objective and laying out a plan that maximizes efficiency and execution of the objective. There are many useful mobile

apps that help with personal goal setting; some of the categories include budgeting, wellness, and calendar and productivity apps.

LIFE GOALS: There is evidence that setting and reflecting on progress life goals are an effective intervention to provide both a sense of purpose and increase happiness. In particular, setting life goals based on others leads to more positive emotions and therefore has a more positive impact on happiness than goals focused on one. Further evidence for this effect is provided by the broader personal benefits of prosocial behavior and acts of kindness towards others rather than self care/focusing on oneself.

GOAL SETTING

MISTAKES:

Mistake that done by people in setting their Goals.

- Thinking too small
- Not chunking Goals down

- Setting vague goals
- Not setting deadline
- Setting extrinsic Goals
- Not being Confident
- Waiting too long to commit
- Not writing Goals down
- Trying to control everything
- Neglecting self-care



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A Project on Value Education
Goal Setting

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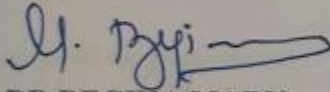
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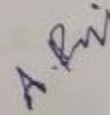
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GOAL SETTING

S M A R T



Specific



Measurable



Attainable



Relevant



Time Based

Goal setting overview:

- Goal setting involves the development of an action plan designed in order to motivate and guide a person or group towards a goal
- Goals are more deliberate than desired and momentary intentions
- Setting goals means that a person has committed thought, emotion and behaviour towards attaining the goal
- Process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it
- There are some very well-defined steps that transcend the specifics of each goal. Knowing these steps will allow you to formulate goals that you can accomplish.



Goal setting explanation:

- Goal setting is the process of taking active steps to achieve your desired outcome may be your dream is to become a teacher musician or physical therapist each one of these dreams involves setting and reaching goal
- Setting involves the development of an action plan designed in order to motivate and guide a person or group toward a goal .Goals are more deliberate than desires and momentary intensions
- Setting goals means that a person has committed thought, emotion, and behaviour towards attaining the goal
- Difficult goals should be set ideally at the 90th percentile of performance assuming that motivation and not ability is limiting attainment of that level of performance



Difficulties and Abstraction of goal settings:

- Difficult specific goals lead to significantly higher performance than easy goals, no goals, or even the setting of an abstract goal such as urging people to do their best.
- Holding ability constant, and given that there is goal commitment the higher the goal the higher the performance
- Variables such as praise, feedback or the participation of people in decision making about the goal only influence
- Behaviour to the extent that they held to the setting of and subsequent commitment to a specific goal

Barriers to goal setting:

There are five barriers:

1. Often, we say we do not have time
2. Poor Communication Skills
3. Unavailability of Resources and Opportunities
4. Not have Clarity
5. Finding Fault in Others





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How to overcome from Difficulties of goal settings:

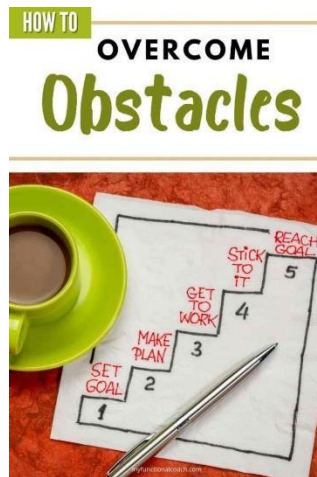
7 strategies to help you overcome difficulties of goal settings:

- Identify potential obstacles
- Educate yourself
- Seek advice
- Think small
- Remember WHY
- Celebrate small victories
- Enjoy the journey



- Make a list of specific goals you would like to attain, or new healthy habits you would like to cultivate.
- In order to set yourself up for success, it's important to plan ahead and identify any potential obstacles or challenges that might get in the way of you achieving your goal.

- Writing an implementation intention will help you to keep the promises you make to yourself.



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How to set goals in five steps:

- Create smart goals
- Create an action plan
- Take action
- Create a timeline
- Re-evaluate and assess your progress



- Specific - Set goals that identify exactly what you want to accomplish. Don't be too broad.

- Measurable - How can you measure your progress? How will you know if you're on track? Numbers are important here.
- Actionable (or achievable) - It's best to start with an action verb and not be wishy-washy.
- Realistic - Can your goal actually be achieved? You want to stretch yourself and make it something you can actually do. We like to set the bar high, but not so high that we can never achieve it.
- Time-Bound (or timely) - A goal without a date is just a dream. If you want to accomplish your goals, you need to give yourself a deadline.

The 4 elements of effective goal setting:

- Effective goals are supported by your governing values
- Effective goals are clearly and specially written
- Effective goals are measurable and have specific deadlines
- Effective goals are personal and attainable



Setting specific, measurable, achievable, relevant, and time-bound (smart) objectives is a good way to plan the steps to meet the long-term goals in your grant. It helps you take your grant from ideas to action.



Benefits of goal setting:

- The benefits of setting goals include greater direction, greater focus, increased productivity and higher level of motivation
- Setting goals are specific and measurable can transform your habits, your mindset, your confidence and daily actions
- Setting goals is important if you want to achieve a bigger and better future
- Goals provide a long term vision to work towards the short term goals to focus on
- Goals are triggering greater effectiveness better planning and help you organise your time energy and focus so you can make fast progress in business and life





The benefits of setting goals include greater direction, greater focus, increased productivity, and higher levels of motivation.

Steps for effective goal setting:

- Believe in the process
- Set goals that are specific
- Set goals that are measurable
- Set goals that are attainable
- Remain accountable
- Continuously assess your process
- Set goals are realistic
- Set goals are timely





- As time goes on, our goals are constantly changing and evolving.

- The end result may not look anything like what we initially set out to do; however, this can sometimes be a good thing.

Smart goals:

Smart is an acronym that stands for:

- S-SPECIFIC
- M-MEASURABLE
- A-ATTAINABLE
- R-RELEVANT
- T-TIME BOUND



Specific:

The goal you set should be specific and you shouldn't be able to misinterpret or confuse it

Measurable:

The goal should allow you to track your progress

Attainable:

The goals need to be realistic

Relevant:

A relevant goal relates to your values, dreams and

Ambitious

Time bound:

There need to be a target date for competition such as four months or one year

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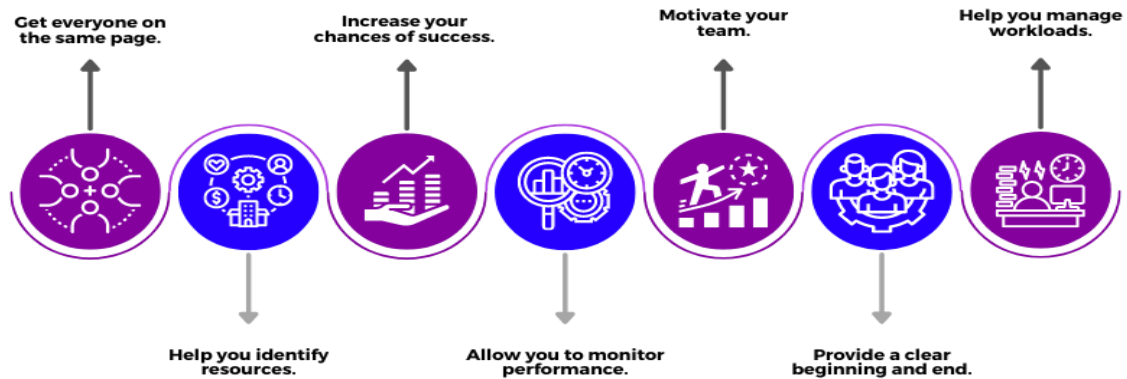
Benefits of using smart goals:

- Using the smart goal framework helps to direct your actions so that they all contribute to reaching your goals
- As you implement this framework it may highlight where you could run into challenges. That allow you to plan and chart a detailed course
- Prepared for obstacles
- Put this together and you are left with a detailed goal setting plan that keeps you focused and headed in the right direction

Note:

- SMART goals set you up for success by making goals specific, measurable, achievable, realistic, and timely. The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

WHAT ARE THE BENEFITS OF SMART GOALS?



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Why is goal setting important:

To grasp the significance goal setting consider how it can affect outcomes in these 4 ways

Choice:

Setting goals can influence outcomes

by focusing your attention and efforts on goal relevant activities while diverting attention away from goal irrelevant actions. you become more selective in your actions, focusing on those that are most likely to help you achieve your goal

Effort:

Goals can motivate you to work harder than you would otherwise. This increased effort may be due to desire to effort may be due to desire to achieve the desired outcome as well as the perceived value of accomplish the goal

Persistence:



Goals can also influence outcomes by increasing in your willingness to persevere in the face of setbacks. when faced with obstacles, setbacks or difficulties having a specific goal in mind can help you stay motivated and persistence

Cognition:

Setting a goal encourages people to reflect more deeply on the behaviour, habits, and the actions needed to achieve the desired

Outcomes:

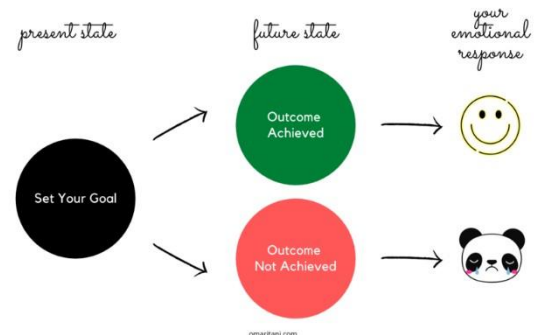
This can lead to behavioural changes, such as the adoption of new habits or routines that help in the achievement

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Outcomes of following goal settings:

1. A better chance of success

- Goal setting helps you prioritize your actions and focus your efforts on what is most
- important by directing your attention away from goal irrelevant activities and toward goal relevant activities.
- This allows you to make better use of your time and resources. increasing your chances of success



- For example, if a person's goal is to lose weight, they may focus on healthy eating and exercise while avoiding activities that may hinder their progress, such as eating high calorie foods or having a sedentary behaviour.

2. Increased motivation and performance

- When we set goals for ourselves, we are committing to achieve specific outcomes by a specific deadline. this commitment can motivate us to act and hold ourselves accountable for our progress towards our objectives.
- we are more likely to engage in goals congruent behaviours and avoid behaviours that are not aligned with our desired outcomes. this can result in
- increased performance and achievement in fact, according to studies, people perform better
- when they are committed to achieving specific goals. for instance, if a person's goal is to run a marathon, they may put in more effort in training than if they did not have a specific goal in mind.

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3. Building resilience

- Setting goals promotes perseverance by providing people with a sense of purpose and direction.
- we can develop a plan anticipate potential obstacles and develop strategies to overcome them
- If we have a clear understanding of what we want to achieve we are also more likely to seek out and leverage the resources and support we require to achieve our objectives such as seeking advice from mentors or collaborating with others who share our objectives setbacks and obstacles become opportunities for growth and learning

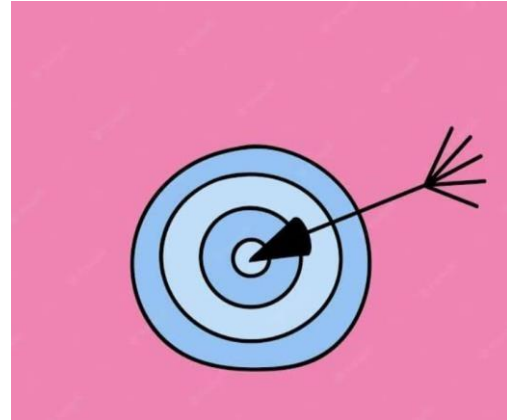
- when we have a clear sense of what we want to achieve rather than sources of discouragement or frustration.

4. Promoting growth and development

- Setting goals is essentially creating a road map for yourself to follow as

you work toward your goals, you may discover new perspectives and insights that can lead to personal growth and development

- If someone sets a goal of running at 10k race in six months, they may start by running a few kilometres at a time
- They may discover that they are capable of accomplishing more than they previously thought possible as they progress and push themselves to run further



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Set of rules to follow for goal setting:

1. Establish timetables for each step:

- Each step in your plan of action should have its own timeline
- This will facilitate you in staying on track and making progress towards your goals

2. Identify any resources or support required:

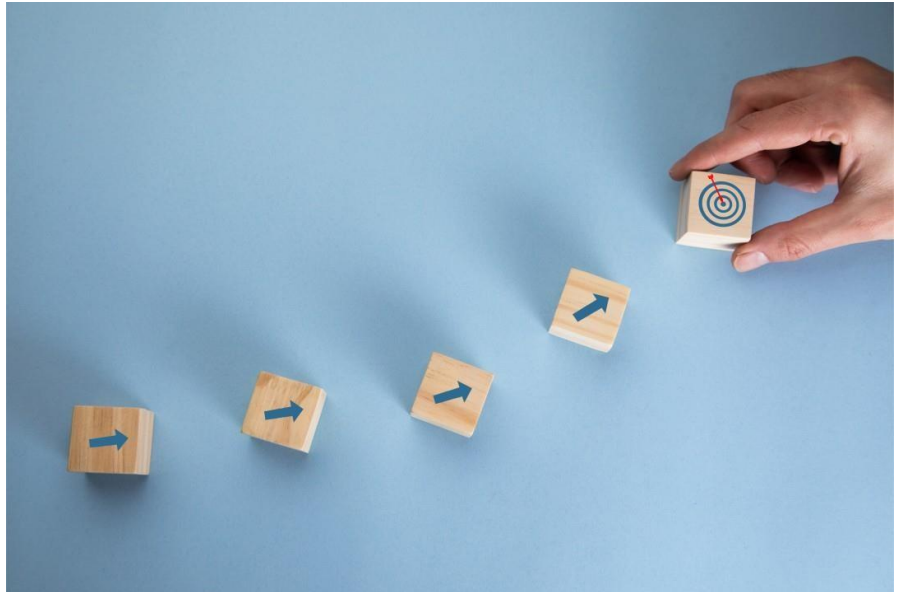
- This could include additional training tools, or assistance from



mentors

3. Review and revise your plan regularly:

- This can help you in identifying any obstacles or challenges that may necessitate a change in strategy, ensuring that you're on track and making progress.



Golden Rules of Goal Setting:

There five golden rules need to follow:

1. Set Goals That Motivate You
2. Set SMART Goals
3. Set Goals in Writing 4. Make an Action Plan 5. Stick with It!



Key Points:

- Goal setting is much more than simply saying you want something to happen. Unless you clearly define exactly what you want and understand why you want it the first place, your odds of success are considerably reduced.
- By following the Five Golden Rules of Goal Setting you can set goals with confidence and enjoy the satisfaction that comes along with knowing you achieved what you set out to do.



The Impact of Goal Setting for Students:

- Provides a Plan for Success
- Provides Motivation
- Raises Grades
- Builds Confidence

Provides a Plan for Success

- What differentiates a goal from a wish is the plan one creates to accomplish what one desires.
- Since creating the blueprint for their realization is inherent to setting objectives, when students set goals, they also formulate a clear track to follow.
- These clearly delineated steps provide a direction so students know how to get where they are going.

Provides Motivation:

- Setting goals provides students something specific to strive for, which can result in higher motivation.

- For example, if a high school student sets a goal to be accepted to a particular university, she will be motivated throughout high school to study hard and participate in extracurricular activities.

Raises Grades:

- One impact of goal setting is to improve students' academic performance.
- By working toward their goals whether personal or academic students cultivate a healthy discipline and work ethic that can translate into classroom performance.

Builds Confidence:

- Setting goals emphasizes a student's ability to accomplish and succeed. Every step that a student completes reinforces her sense of skill and selfconfidence.
- The act of setting a goal requires a student to believe in herself enough to presume she can follow through and complete a task.



Goalsetting is the process of taking active steps to achieve your desired outcome.



Conclusion

To conclude, goal setting can play a significant role in enhancing people's motivation and performance. People who set specific, challenging goals and commit to these goals are more likely to try their best and persist in achieving the goals, which can lead to better performance and success.





Thanking you

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Goal Setting

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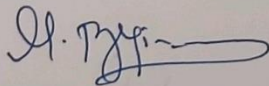
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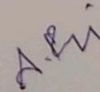
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GOALS

Grow what matters

One step

At a time.

Little by little, your

Steps will add up.

#2020GOALSETTING 🐦 LARACASEY.COM

INTRODUCTION :



- Goal setting refers to the process of setting specific , attainable targets for individuals or group . it is a motivational technique which can help the employees to understand the business goals, and motivate them to rise to the challenges.
- Goal settings have to be specific, measurable, achievable , realistic and time bound. Goal-setting is the process of taking active steps to achieve your desired outcome. Maybe your dream is to become a teacher, musician or physical therapist. Each one of these dreams involves setting and reaching small (and big) goals. Each of these major goals can be broken down into smaller, more attainable goals that will propel you towards success

Effective Goal Setting: Performance Goals vs. Process Goals

PERFORMANCE GOALS EXAMPLES

- Squat 200lbs for three reps.
- Run a 5K race in 25 minutes.
- Walk two miles without feeling out of breath.
- Eat certain foods without feeling guilty.

VS.

OUTCOME GOALS EXAMPLES

- Lift more weight than your friend or opponent.
- Win a 5k race.
- Walk farther than your neighbor.
- Weigh "X" lbs.

LoveFoodBFit.com

There are three types of goals – process, performance , and outcome goals

PROCESS GOAL :

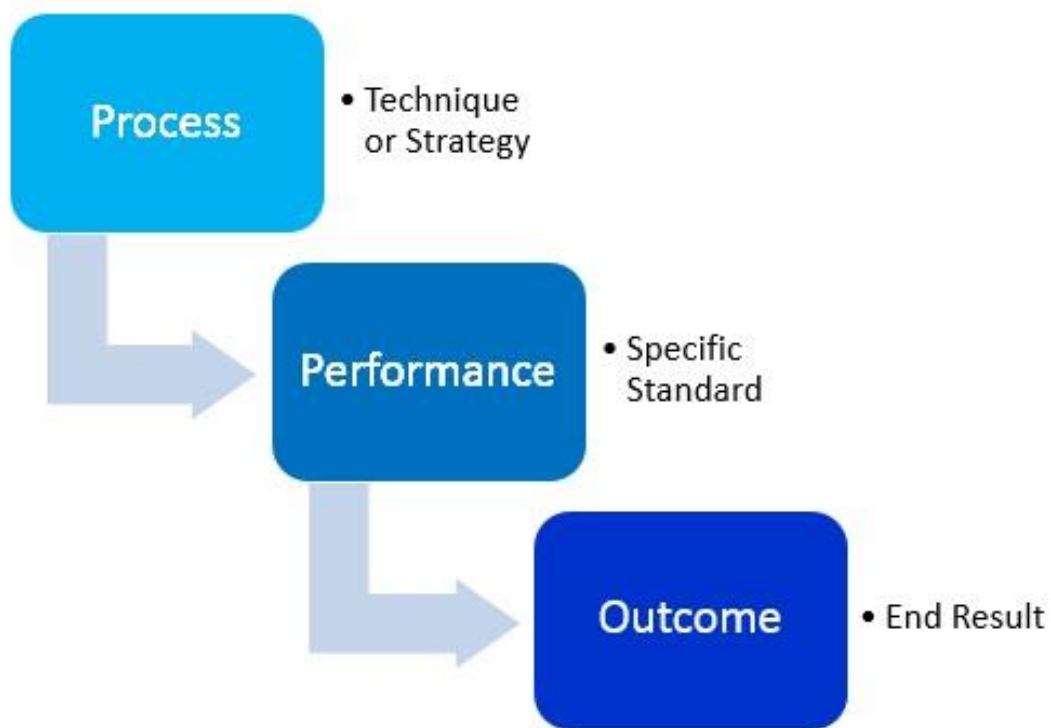
Process goals are specific actions or process of performing . for example, aiming to study for 2 hours after dinner every day . process goals are 100% controllable by the individual .

PERFORMANCE GOAL :

Performance goals are based on personal standard . for example, aiming to achieve a 3.5 GPA . personal goals are mostly controllable .

OUTCOME GOALS:

Outcome goals are based on winning . for a college student, this could look or landing a job in your field or landing a job at a particular place of employment you wanted. Outcome goals are very difficult to control because of other outside influences



GOAL SETTING STEPS ;



Goal Setting Process

7 STEPS

- 01 Set goals that resonate with you
- 02 Set SMART goals
- 03 Write down your goals
- 04 Create an action plan
- 05 Take action
- 06 Be accountable
- 07 Reflect and fix

LeaveBoard

GOAL SETTING S.M.A.R.T. TECHNIQUE :

Set all three types of goals- process, performance, and outcome – but focus on executing your smaller process goals to give you the best chance for success .



- **SPECIFIC :**

highly detailed statement on what you want to accomplish (use who, what, where, how etc.)

- **MEASURABLE :**

how will you demonstrate and evaluate how your goal has been met?

- **ATTAINABLE :**

they be achieved by your own hard work and dedication- make sure your goals are within your ability to achieve

- **RELEVANT :**

how does your goals align with objectives?

- **TIME BASED:**

Set 1 or more target dates- these are the “by whens” to guide your goal to successful and timely completion (include deadlines, frequency and dates)

IMPORTANCE AND VALUE OF GOAL SETTING :



Up until 2001 , goals were divided into three types or groups (ELLIOT & McGregor , 2001) ;

- ✓ Mastery goals
- ✓ Performance – approach goals
- ✓ Performance – avoidance goals

MASTERY GOAL :

A mastery goal is a goal someone sets to accomplish or master something such as “*I will score higher in this event next time.*”

PERFORMANCE – APPROACH :

Goal is a goal where someone tries to do better than his or her peers. This type of goal could be a goal to look better by losing 5 pounds or getting a better performance review.

PERFORMANCE – AVOIDANCE :

Goal is a goal where someone tries to avoid doing worse than their peers such as a

goal to avoid negative feedback.

The implied assumption, as a result of this, was that there were no bad mastery goals or mastery-avoidance goals.

Research done by Elliot and McGregor in 2001 changed these assumptions. Until this study was published, it was assumed that mastery goals were the best and performance-approach goals were at times good, and other times bad. Performance-avoidance goals were deemed the worst, and, in fact, bad.

Elliot and McGregor's study challenged those assumptions by proving that mastery-avoidance goals do exist and proving that each type of goal can, in fact, be useful depending on the circumstances.

Elliot and McGregor's research utilized a 2 x 2 achievement goal framework comprised of:

- ✓ Mastery-approach
- ✓ Mastery-avoidance
- ✓ Performance-approach
- ✓ Performance-avoidance



According to the research, motivation in achievement settings is complex, and achievement goals are but one of several types of operative variables to be considered.

Achievement goal regulation, or the actual pursuit of the goal, implicates both the achievement goal itself as well as some other typically higher order factors such as motivationally relevant variables, according to the research done by Elliot and McGregor.

WHY SET GOALS IN LIFE



The truth is that some goals are achieved while others are not and it's important to understand why

Mark Murphy the founder and CEO of LeadershipIQ.com and author of the book “*Hard Goals: The Secret to Getting from Where You Are to Where You Want to Be*,” has gone through years of research in science and how the brain works and how we are wired as a human being as it pertains to goal setting.

Murphy's book “*Hard Goals: The Secret to Getting from Where You Are to Where You Want to Be*” combines the latest research in psychology and brain science on goal-setting as well as the law of attraction to help fine-tune the process.

A HARD goal is an achieved goal, according to Murphy (2010). Murphy tells us to put our present cost into the future and our future benefit into the present.

Setting goals is a process that changes over time. The goals you set in your twenties will most likely be very different from the goals you set in your forties. Whatever your age doesn't really matter in the end, as long as you continually revisit your life goals and work to update them.

BENEFITS OF GOAL SETTING :



Edward Locke and Gary Latham (1990) are leaders in goal-setting theory. According to their research, goals not only affect behavior as well as job performance, but they also help mobilize energy which leads to a higher effort overall. Higher effort leads to an increase in persistent effort.

Goals help motivate us to develop strategies that will enable us to perform at the required goal level.

Accomplishing the goal can either lead to satisfaction and further motivation or frustration and lower motivation if the goal is not accomplished.

Goal setting can be a very powerful technique, under the right conditions according to the research (Locke & Latham, 1991).

According to Lunenburg (2011), the motivational impact of goals may, in fact, be affected by moderators such as self-efficacy and ability as well.

5 Proven Ways Goal Setting is Effective



In the 1968 article “*Toward a Theory of Task Motivation*” Locke showed us that clear goals and appropriate feedback served as a good motivator for employees (Locke, 1968).

Locke’s research also revealed that working toward a goal is a major source of motivation, which, in turn, improves performance.

Locke reviewed over a decade of research of laboratory and field studies on the effects of goal setting and performance. Locke found that over 90% of the time, goals that were specific and challenging, but not overly challenging, led to higher performance when compared to easy goals or goals that were too generic such as a goal to do your best.

Dr. Gary Latham also studied the effects of goal setting in the workplace. Latham’s results supported Locke’s findings and showed there is indeed a link that is inseparable between goal setting and workplace performance.

Locke and Latham published work together in 1990 with their work “*A Theory of Goal Setting & Task Performance*” stressing the importance of setting goals that were both specific and difficult. Locke and Latham also stated that there are five goal-setting principles that can help improve your chances of success.

- ✓ Clarity
- ✓ Challenge
- ✓ Commitment

- ✓ Feedback
- ✓ Task Complexity

CLARITY :

Is important when it comes to goals. Setting goals that are clear and specific eliminate the confusion that occurs when a goal is set in a more generic manner.

CHALLENGING :

goals stretch your mind and cause you to think bigger. This helps you accomplish more. Each success you achieve helps you build a winning mindset.

COMMITMENT :

Is also important. If you don't commit to your goal with everything you have it is less likely you will achieve

FEEDBACK :

helps you know what you are doing right and how you are doing. This allows you to adjust your expectations and your plan of action going forward.

TASK COMPLEXITY :

is the final factor. It's important to set goals that are aligned with the goal's complexity.

Goal Setting Motivates Individuals



Research tells us that goal setting is important on both an individual and a group basis.

Locke and Latham have also shown us that there is an important relationship between goals and performance.

Locke and Latham's research supports the idea that the most effective performance seems to be the result of goals being both specific and challenging. When goals are used to evaluate performance and linked to feedback on results, they create a sense of commitment and acceptance. The researchers also found that the motivational impact of goals may be affected by ability and self-efficacy, or one's belief that they can achieve something.

It was also found that deadlines helped improve the effectiveness of a goal and a learning goal orientation leads to higher performance when compared to a performance goal orientation.

A Look at the Importance of Goal Setting in Mental Health



Goal setting is also an important part of mental health. In one study, that looked at goal setting and wellbeing, people participated in three short one-hour sessions where they set goals.

The researchers compared those who set goals to a control group, that didn't complete the goal-setting exercise. The results showed a causal relationship between goal setting and subjective wellbeing . Weinberger, Mateo, and Sirey (2009) also looked at perceived barriers to mental health care and goal setting amongst depressed, community-dwelling older adults.

Forty-seven participants completed the study, which examined various barriers to mental health and goal setting. These barriers include:

- Psychological barriers such as social attitudes, beliefs about depression and stigmas.
- Logistical barriers such as transportation and availability of services.
- Illness-related barriers that are either modifiable or not such as depression severity, comorbid anxiety, cognitive status, etc.

For individuals who perceive a large number of barriers to be overcome, a mental health referral can seem burdensome as opposed to helpful.

Defining a personal goal for treatment may be something that is helpful and even something that can increase the relevance of seeking help and improving access to care according to the study .Goal setting has been shown to help improve the outcome in treatment, amongst studies done in adults with depression. (Weinberger, Mateo, & Sirey, 2009)

The process of goal setting has even become a major focus in several of the current psychotherapies used to treat depression. Some of the therapies that have used goal setting include:

- Interpersonal Psychotherapy (IPT)
- Cognitive and Cognitive Behavioral Therapy (CT, CBT)
- Problem-Solving Therapy (PST)

Participants who set goals, according to the study, were more likely to accept a mental health referral. Goal setting seems to be a necessary and good first step when it comes to helping a depressed older adult take control of their wellbeing.

HOW TO SET GOALS FOR EMPLOYEES ?

Every business owner wants their employees to work at their peak performance, and the best way to achieve this at its best is by assigning them goals and keeping track of their performance. Motivated and directed employees are the basis of a successful business. Let's dive into the basics.

Employee goals are based on defining specific, quantifiable, and rule-oriented goals. The manager should consider the employee's skill set, career goals, performance, personal growth targets, and future possibilities before assigning maximum results.

For example, an employee's emotional intelligence should be regarded before assigning goals. A manager should monitor the progress of goal achievement and the employees who achieve goals by their peak performance should also be rewarded.

YOUR GOALS SHOULD HAVE THE FOLLOWING CHARACTERISTICS :

- Goals should align with company objectives.
- Employee input should be taken to set job-related goals.
- Goals should be based on realistic expectations.
- Goals should be a little challenging.
- Goals shouldn't be too easy or too hard.
- Goals should have a little flexibility.
- Goals should be aligned to your company's success principles.

TYPE OF GOAL SETTING FOR DIFFERENT TEAMS GOAL SETTING FOR DEVELOPMENT TEAMS ;



The development team of every organization is responsible for creating content and software for their website or company. Development team is the backbone of most companies, so setting goals for development teams is challenging work.

Setting goal for the development team allow them to stay ahead of the competition and give your developers space for them to professionally grow. You can adjust their goals based on their skills and the level of progress they show.

Developers also perform better with a time frame in their mind since plans allow developers to manage their work and complete it within the provided time limit. The most crucial benefit of goal setting is the confidence boost for your developers.

You can use one of the several management tools based on your business type. For example, if you own a large organization, premium performance management software will aid you while determining your objectives and key results. However, small businesses or startups can use Microsoft Teams or another free software for creating significant goal-setting templates. Management tools are handy and allow goal achievement to be more organized and seamless and help you decide on the types of goal setting.

HERE ARE TEN IDEAS FOR GOAL SETTING FOR DEVELOPER TEAMS ;

- ❖ Coding goals
- ❖ Career goals
- ❖ Code quality goals
- ❖ Code ownership goals
- ❖ System design goals
- ❖ Testing goals
- ❖ Debugging goals
- ❖ Teamwork goals
- ❖ Networking goals
- ❖ Professional goals

Human Resource professionals aim to seek one thing, which is “balance.”HR department professional, you are obliged to create a healthy and optimal employee environment. Using the best types of goal setting is especially important for HR professionals.

The HR department has the following functions;

- ✓ Hiring new staff
- ✓ Managing employee performance
- ✓ Training
- ✓ Employee experience
- ✓ Employee engagement
- ✓ Succession planning
- ✓ Development
- ✓ Improving culture
- ✓ Compensation

“ A GOAL
WITHOUT
A PLAN
IS JUST
A WISH ”

“ A GOAL IS
NOT ALWAYS
MEANT TO
BE REACHED,
IT OFTEN
SERVES SIMPLY
AS SOMETHING
TO AIM AT.”

—FRUITLESS—



A Project on Value Education

Motivation

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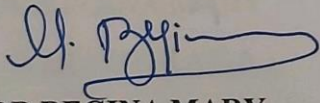
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March 2023

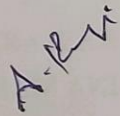
Certificate

This is to certify that this project entitled” VALUES FOR LIFE –MOTIVATION” submitted by MUTHU MEENAKSHI K , MUTHU SANGARI S, NANDHINI DEVI J, NIVETHA T, POOMIKA K, PREETHI A, PRITHIGA S ,for the degree of bachelor of science / arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate Department of Economics, Fatima College (Autonomous), Madurai-18. This project has not been submitted elsewhere for any other degree.



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- 7) S. Prithiga [S. PRITHIGA]

MOTIVATION

- ❖ You will learn to fight your fears and negative thoughts
- ❖ Motivation helps professionals too be positive and happy goals.
- ❖ When you are motivated, you learn to organize and prioritize
- ❖ Motivation help students to concentrate and work hard
- ❖ It awakens the sense of meaning in life.
- ❖ It is good in many way and adds confidence to us.
- ❖ All of us have different sources of motivation and some of our source of motivation.
- ❖ It is not every time we are successful but to start a new

➤ *INTRINSIC MOTIVATION*

- ✓ Deciding to do something because you are interested in it and enjoy doing it.
- ✓ Every internal reasons are, they come from within you, and you are not driven by other people or by an end result outcome.

➤ *EXTRINSIC MOTIVATION*

- ✓ Deciding to do something because you are told you have to do it by someone else.
- ✓ Doing something because of external factors, such as needed to achieve a goal, wanting to get a reward, or seeking to avoid a disadvantage.

4 Types of Intrinsic Motivation

❖ **Creative Motivation**

- ❖ **Competence Motivation**
- ❖ **Learning / Exploring Motivation**
- ❖ **Attitude Motivation**

MOTIVATION

1. Check your attitude; stay positive
2. Don't catastrophise
3. Build awesome work relationships.
4. Meet regularly with your personal board of directors.

5. Plan to achieve; celebrate wins.
6. Plan variety; reenergize.
7. Live outside your comfort zone.
8. Understand your why.
9. Live a balanced life.

**life is not a problem to
be solved, but reality to
be experienced**



“

Successful

*People do what
Unsuccessful*

*People are not
willing to do.*

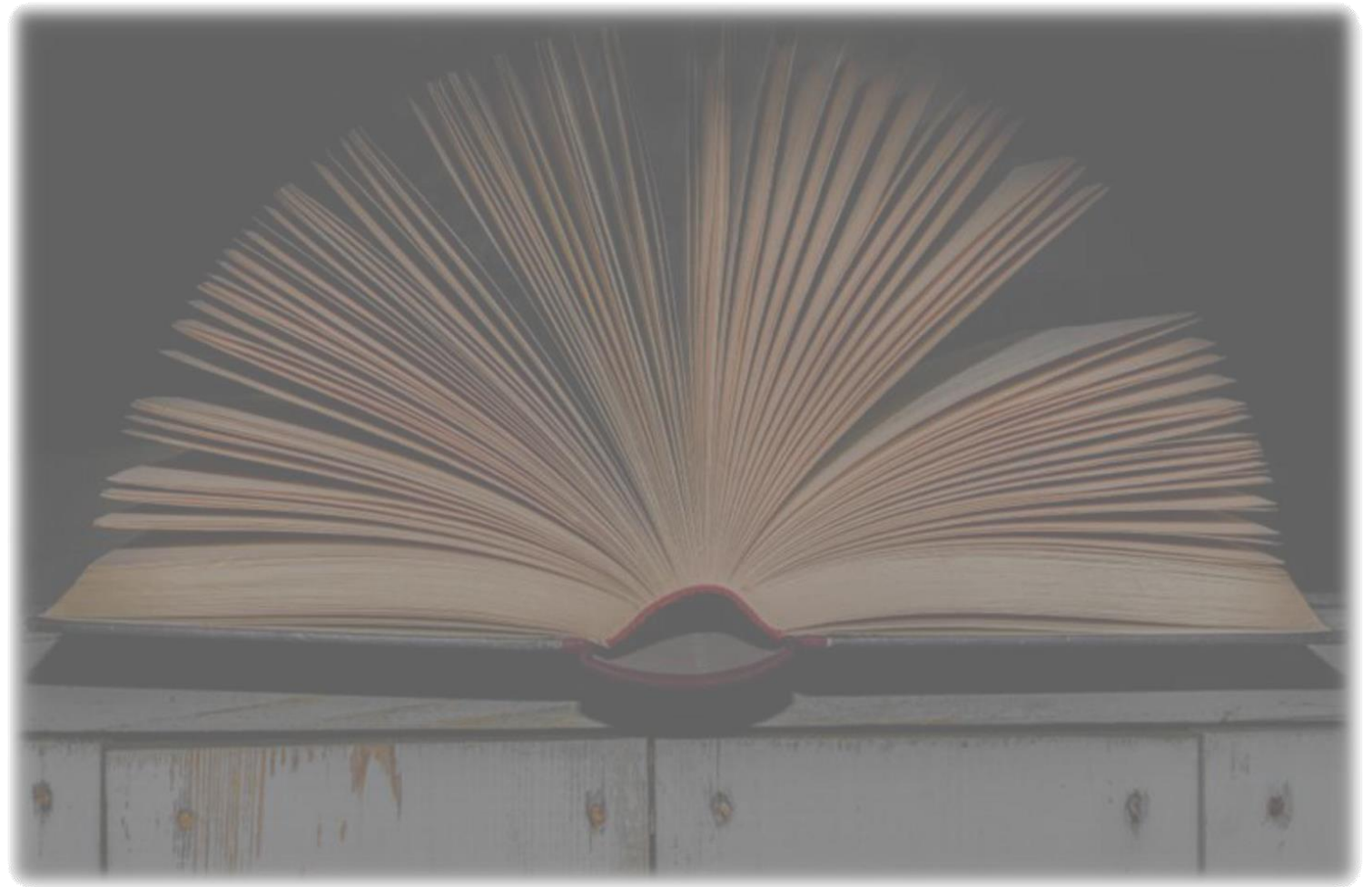
*Don't wish it
Were easier;*



***Wish you were
Better.***

Nothing is impossible.

The word itself say's



'I' m Possible'.

- Just believe in yourself.

Even if you don't.

Pretend that you do

and , at some point,

You will.



You are what

you believe

yourself

TO BE.

A person's profile silhouette is visible on the right side of the image, looking towards the left. The background is a soft, out-of-focus sunset or sunrise scene with warm colors like orange, yellow, and blue. The text is overlaid on the left side of the image.

EACH NEW DAY

IS A NEW

OPPORTUNITY

TO IMPROVE

YOURSELF.

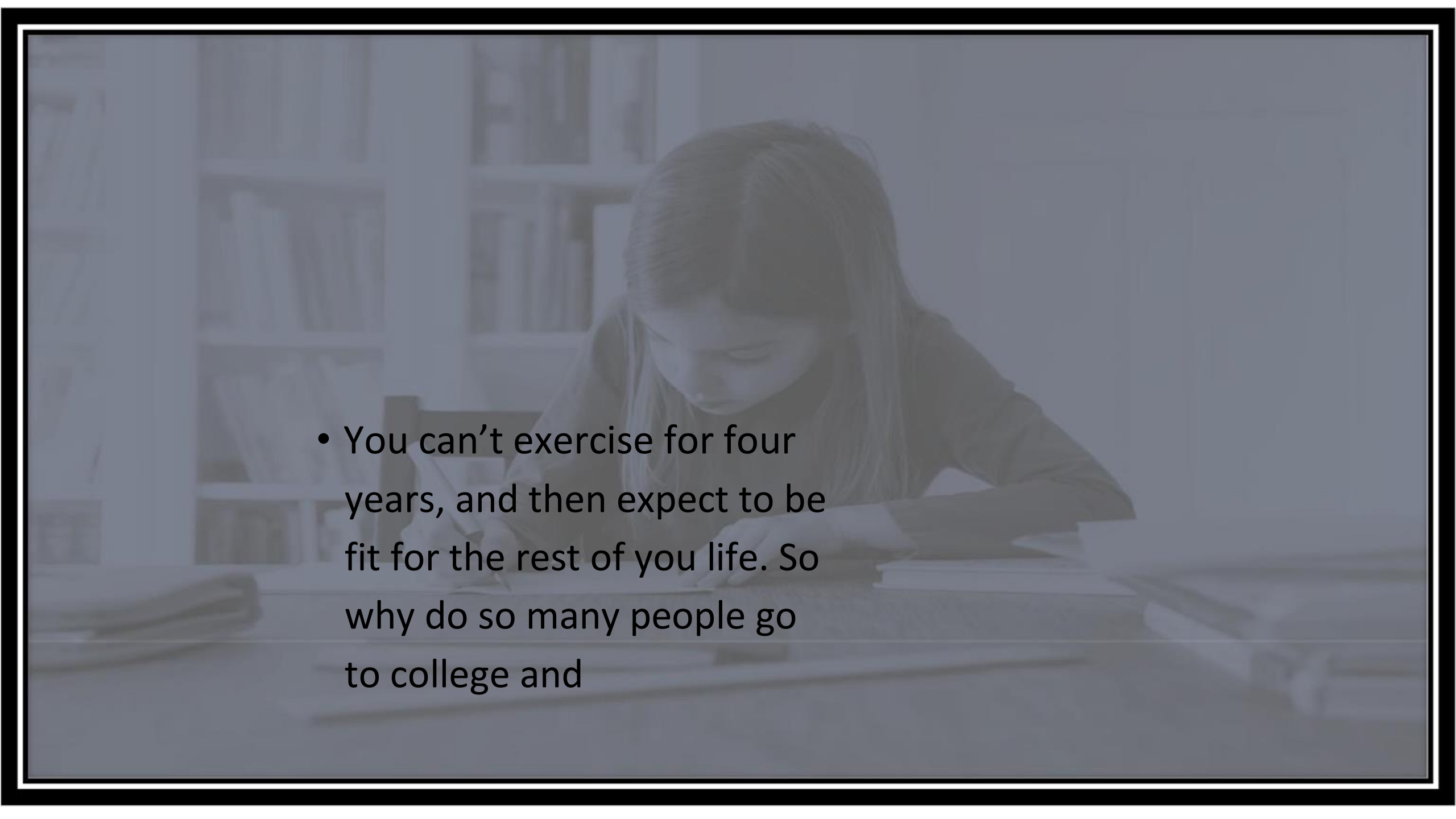
TAKE IT.

AND MAKE THE

MOST OF IT.

***“The best way to
make your dreams
come true is to wake
up.”***



- 
- You can't exercise for four years, and then expect to be fit for the rest of your life. So why do so many people go to college and

then expect to never have to learn again in their lives?

Education is

*our passport
to the future,
for tomorrow
belongs to the*

*people who
prepare for
it today.*

**“EDUCATION
IS THE KEY TO UNLOCK
THE GOLDEN DOOR OF
FREEDOM”**

Study HARD,

No matter if it seems impossible,

No matter if it takes time,

**No matter if you have to up all night
Just remember that**

The feeling of success is

The best thing in entire world.

- *MOTIVATION STUDENT IN CLASSROOM*

- ♦ Student autonomy is the owner they take of their learning.

Student in developing their self esteem and remote growth mindlet.

Term building exercises for each student.

- ❖ Goal theories an individual adopts an attitude or behavior because it is consistent with their value system.

7 SECRET OF SUCCESS

I FOUND THE ANSWER IN MY ROOM

- Roof said: Aim high
- Fan said :Be cool
- Clock said : every min .s precious
- Mirror said : reflect before you act

- Window said : see the world
- Calendar said : Be up to date
- Door said ; Push hard to achieve your goals.

WAYS TEACHERS CAN MOTIVATION STUDENTS

- ❖ Relationship
- ❖ Physical learning environment
- ❖ Include parents
- ❖ Relevance
- ❖ Call a culture learning
- ❖ Alternative conserving

❖ Confidence and safe environment

❖ Incentive

❖ Graphic organize

SIMPLE IDEAS TO IMPROVE STUDENT MOTIVATION:

- ✓ Give student a learn of control
- ✓ Be clear about learning objective
- ✓ Create your scenbly
- ✓ Offer varied experience
- ✓ Use positive competition

- ✓ Offer reward
- ✓ Students responsibility

Motivation:

- Acknowledge your resistance and difficult feeling with motivation
- Do not run away
- Don't question your laities
- Visualize yourself starting
- Focus on the task at hand
- Take a time limited approach in which your schedule your take
- Do not become yourself form procrastinating now and them.

A Project on Value Education

Motivation

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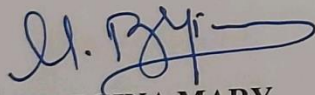
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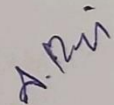
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Certificate

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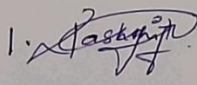
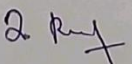
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Motivation



VALUE EDUCATION

Value for life- motivation

INTRODUCTION:

(MOTIVATION) : It is the process of motivation individuals to take action in order to achieve a goal motivation includes the biological Enational social and cognitive



TYPE OF MOTIVATION :

❖ EXTRINSIC MOTIVATION:

Arises from outside of the individual and often involves external reward.

❖ INTRINSIC MOTIVATION :

Intrinsic motivation is internal and arises from within the individual.

WHY MOTIVATION IS IMPORTANT?

- Increase your efficiency as you work toward your goals
- Drive you to take action
- Help you feel more in control of your life
- Improve your overall well-being and happiness

COMPONENTS OF MOTIVATION:

- ❖ Persistence
- ❖ Intensity

MOTIVATION FOR STUDENT:

WHY IS STUDENT MOTIVATION IMPORTANT:



- The more motivation a student is the ggreater involvement they will have in their study, the greater dedicated and attention they will day to their



tasks and as a consequences, their academic goals.

BEST MOTIVATION:

- Inspiration
- Be calm and visionary
- Be are entire

MOTIVATION:

- Acknowledge your resistance and difficult feeling with motivation
- Do not run away
- Do not become yourself form procrastinating now and them
- Try to under stance your studying style letter
- Don't question your laities.
- Visualize yourself starting
- Focus on the task at hand
- Communicate to anthers any difficulties / or what you intern to do
- Take a time limited approach in which your schedule your take
- Remember that studying can be challenging and take your out of your comfort come

SIMPLE IDEAS TO IMPROVE STUDENT MOTIVATION:

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- ❖ Be clear about learning objective
- ❖ Crete your scenbly
- ❖ Offer varied experience
- ❖ Use positive competition
- ❖ Offer reward

- ❖ Students responsibility



MOTIVATION STUDENT IN CLASSROOM :

- Student autonomy: student autonomy is the ownership they take of their learning.
- Student in developing their self esteem and remote growth mindlet
- Term Building exercises for each student

WAYS TEACHERS CAN MOTIVATION STUDENT:

- ❖ Relationship
- ❖ Physical learning environment
- ❖ Include parents
- ❖ Relevance
- ❖ Call a culture learning
- ❖ Alternative Conserving

- ❖ Confidence and safe environment
- ❖ Incentive
- ❖ Graphic organize



MOTIVATION THEORIES:

- Instrument theories- the individual engages in the behavior because she believes it will lead to certain outcome
- Intrinsic theories- the individual engages in the behavior because it is “fun”.
- Goal Internalization theories- an individual adopts an attitude or behavior because it is consistent with their value system.
- Self esteem maintenance- the individual engages in the behavior to protect the self.

MOTIVATION: THE LEARNED NEEDS

- ❖ McClelland (1976) argued that now is the most important determinants of managerial success

- ❖ In a 20 year follow-up of organizational members Howard and involvement in work were the strongest predictor of career advancement.



MOTIVATION: (EARLY WORK)

- ❖ Thorndike (1911) Law of effect- where past action led to positive consequences, or reward, individual will tend to repeat such action ; where past action led to negative consequences or punishment individual would tend to avoid repeating them,
- ❖ Hull(1943)
 - $\text{Effort} = \text{Drive} \times \text{Habit} \times \text{Incentive}$
 - Needs models



MOTIVATION THEORIES:

Content theories of motivation: **process theories of**

Motivation:

Maslow's need hierarchy : **Reinforcement theory**

Adorer's ERG theory : **Expectancy theory**

McClelland's learned needs: **Equity theory**

Herzberg's two factor theory: **Goal setting**



MOTIVATION QUOTES:

- (1) YOUR POSITIVE ACTION
COMBINED WITH
POSITIVE THINKING
RESULTS IN SUCCESS
- (2) I WILL SUCCESS IN LIFE
NOT IMMEDIATELY
But definitely.
- (3) YOUR ARE BRAVER
THAN YOU BELIEVE,
STRONGER THAN YOU SEEM,
SMARTER THAN YOU THINK
- (4) *NEVER STOP WORKING FOR YOUR
VISION BECAUSE YOU NEVER KNOW
WHEN YOUR EARLY MORNING STRUGGLE
WILL TURN INTO AN OVERNIGHT SUCCESS.*

- (5) YOU NEVER KNOW WHEN THINGS ARE GOING TO TURN AROUND. THINGS COULD TURN AROUND TOMORROW. THAT'S WHAT I KEEP WAITING FOR. IF YOU LEFT NOW, YOU'D NEVER KNOW.
- (6) *AND IN ANOTHER YEAR EVERYTHING WILL BE DIFFERENT YET AGAIN. IT IS ALWAYS LIKE THAT, AND ALWAYS WILL BE; YOU ARE FOR FOREVER STANDING ON THE BRINK, IN A PLACE WHERE YOU CANNOT SEE AHEAD; THERE IS NOTHING OF WHICH TO BE CERTAIN EXCEPT WHAT LIES*



BEHIND. THIS SHOULD BE TERRIFYING, BUT SOMEHOW IT IS NOT.

- (7) HOW CAN YOU HAVE ANY REGRET WHEN EVER THINK WORKED OUT FINE? BUT WHY I THINK IT WORKED OUT FINE IS DUE TO THE LESSONS I LEARNED ALONG THE WAY. AND ONE OF THOSE INVOLVES LISTENING TO EXPERT
- (8) *THERE IS NO GREAT ACHIEVEMENT THAT IS NOT THE REST OF PATIENTS WORKING AND WAITING.*

7 SECRET OF SUCCESS

I found the answer in my room.

Roof said: Aim high

Fan said : Be cool

Clock said: Every min .s precious

Mirror said: Reflect before you act

Windows said: see the world

Calendar said: Be up to date

Door said : push hard to achieve your goals.



Secret

I am asked very often by all type of people of people how to stop negative thoughts. The answer is so simple: plants good thought! As you plans more and more good thoughts, the negative thoughts will be wiped out. Don't focus on the negative thoughts, just deliberately think more good thought every days.

IS NOT JUST A PICTURE OF WHAT COULD BE;

IT IS AN APPEAL TO OUR BETTER SELVES,

A CALL TO BECOME SOME THING.



Whatever you are be, a good one.



Daily motivation

Man of many

If the wind will not

serve, take to the oars.

“HE WHO WILL NOT RISK

CANNOT WIN”.





"History shows us that the people who end up changing the world – the great political, social, scientific, technological, artistic, even sports revolutionaries – are always nuts, until they are right, and then they are geniuses."

– John Eliot

WORK
H A R D
IN SILENCE,
LET YOUR SUCCESS
BE YOUR NOISE.

A Project on Value Education

Positive Thinking

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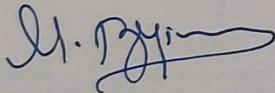
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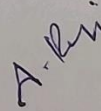
Certificate

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Declaration

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of A. RAJESWARI, Assistant Professor in the Department of Economics, Fatima college (Autonomous), Madurai-18 and this work has not been submitted elsewhere for any other degree.

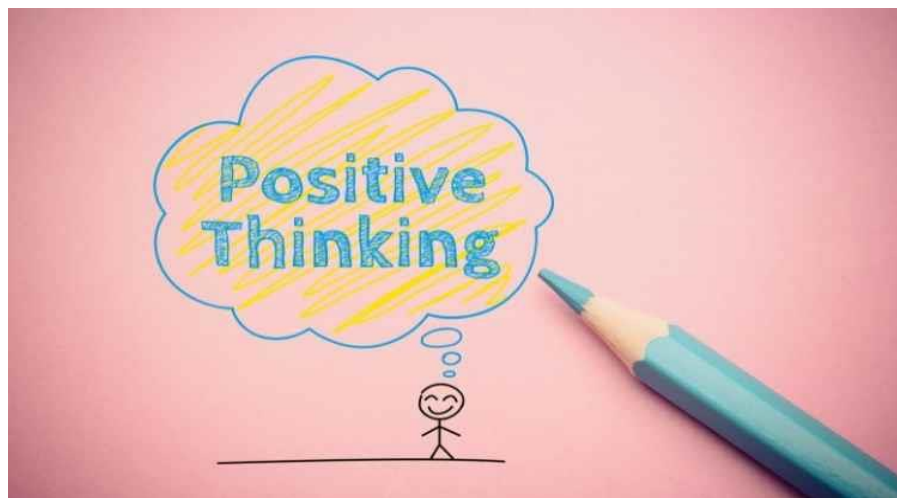
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Positive Thinking



Introduction:

Positive thinking is the practice of focusing on the positive side of things and looking for the best in situations and people . it doesn't mean putting your head in the sand and ignoring bad things. Instead, its about making the best of whatever situation ypu are in. its been shown to have significant benefits on people's wellbeing, as well as on other factors inculding life expectancy.

What is positive thinking ?

positive thinking means approaching life's challenges with a positive outlook. It doesn't mean seeing the world through rose colored lenses by ignoring or glossing over the negative aspects of life.

Some researchers, including positive psychologists [Martin Seligman](#), frame positive thinking in terms of explanatory style. Your [Explanatory Style](#) is how you explain why events happened.

- **Optimistic explanatory style:** People with an optimistic explanatory style tend to give themselves credit when good things happen and typically blame outside forces for bad outcomes. They also tend to see negative events as temporary and atypical.



- **Pessimistic explanatory style:**



People with a pessimistic explanatory style often blame themselves when bad things happen, but fail to give themselves adequate credit for successful outcomes. They also have a tendency to view negative events as expected and lasting. As you can imagine, blaming yourself for events outside of your control or viewing these unfortunate events as a persistent part of your life can have a detrimental impact on your state of mind.

Positive psychology vs. positive thinking



While the terms “positive thinking” and “positive psychology” are sometimes used interchangeably, it is important to understand that they are not the same thing. Positive thinking is about looking at things from a positive point of view. It

is a type of thinking that focuses on maintaining a positive, optimistic attitude. Positive psychology is a branch of psychology that studies the effects of optimism, what causes it, and when it is best utilized.

Health benefits of positive thinking



Health Benefits of Positive Thinking

In recent years, the so-called "power of positive thinking" has gained a great deal of attention thanks to self-help books such as "The Secret." While these pop-psychology books often tout positive thinking or philosophies like the [law of attraction](#) as a sort of psychological panacea, empirical research has found that there are many very real health benefits linked to positive thinking and optimistic attitudes.⁴

Positive thinking is linked to a wide range of health benefits, including:

- Better stress management and coping skills
- Enhanced psychological health
- Greater resistance to the common cold
- Increased physical well-being
- Longer life span
- Reduced risk of cardiovascular disease-related death

How to practice positive thinking



While you might be more prone to negative thinking, there are strategies that you can use to become a more positive thinker. Practicing these strategies regularly can help you get in the habit of maintaining a more positive outlook on life.

- **Notice your thoughts:** Start paying attention to the type of thoughts you have each day. If you notice that many of them are negative, make a conscious effort to reframe how you are thinking in a more positive way.
- **Write in a gratitude journal:** Practicing [gratitude](#) can have a range of positive benefits and it can help you learn to develop a better outlook. Experiencing grateful thoughts helps people to feel more optimistic.
- **Use positive self-talk:** [How you talk to yourself](#) can play an important role in shaping your outlook. Studies have shown that shifting to more positive self-talk can have a positive impact on your emotions and how you respond to stress.⁹

Practicing positive thinking everyday



If you tend to have a negative outlook, don't expect to become an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you.

When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking

The Power of Positive Thinking Can Improve Your Life

What is positive thinking and how can we define it?

- Positive thinking is a mental and emotional attitude that focuses on optimistic and positive thoughts and expects positive results.
- It is a mindset that looks on the bright side of life and anticipates happiness, health and success.
- It is an [optimistic state of mind](#).
- Positive thinking people are confident and believe they can overcome any obstacle or difficulty they might face.



To take advantage of the power of positive thinking, you need to practice it. You need to replace each negative thought with a positive thought. It's a process that requires some perseverance and continued awareness of your thoughts.

In this article, you will learn what this mental attitude is and how to implement it in your life.

How the Power Positive Thinking Works

Does this power really work? Can it change your life?

The following stories illustrate examples of how the power of positive thinking works.

Richard's Negative Attitude and Negative Mindset

Richard applied for a new job, though he didn't believe he will get it. He had low self-esteem, and considered himself as a failure and unworthy of success.

He had a [negative attitude](#) about himself and anticipated failure. This made him believe that the other applicants were better qualified than him.

On the day of the interview, Richard woke up late in the morning. While dressing up, he discovered that the shirt he planned to wear was dirty.

He looked for another shirt, but all his shirts needed ironing.

As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast.

During the interview, Richard was stressed, nervous and hungry. His mind and attention were [distracted](#), and this made it difficult for him to focus on the interview.

Richard's behavior made a bad impression, and consequently, he materialized his fear and did not get the job.

Jim's Positive Mindset and Attitude

The second story is about Jim, who applied for the same job too. He had a good measure of self-esteem, and was confident that he was going to get the job

During the week preceding the interview, Jim often visualized himself making a good impression and getting the job. He also and repeated [positive affirmations](#) to that effect.

Jim did not want to leave anything for the last moment, and therefore, he prepared the clothes he was going to wear, in the evening before the interview. He also went to sleep a little earlier than usual.

Jim woke up early in the morning, and therefore, had ample time to eat breakfast and leave home on time. This enabled him to arrive to the interview before the scheduled hour, refreshed and calm.

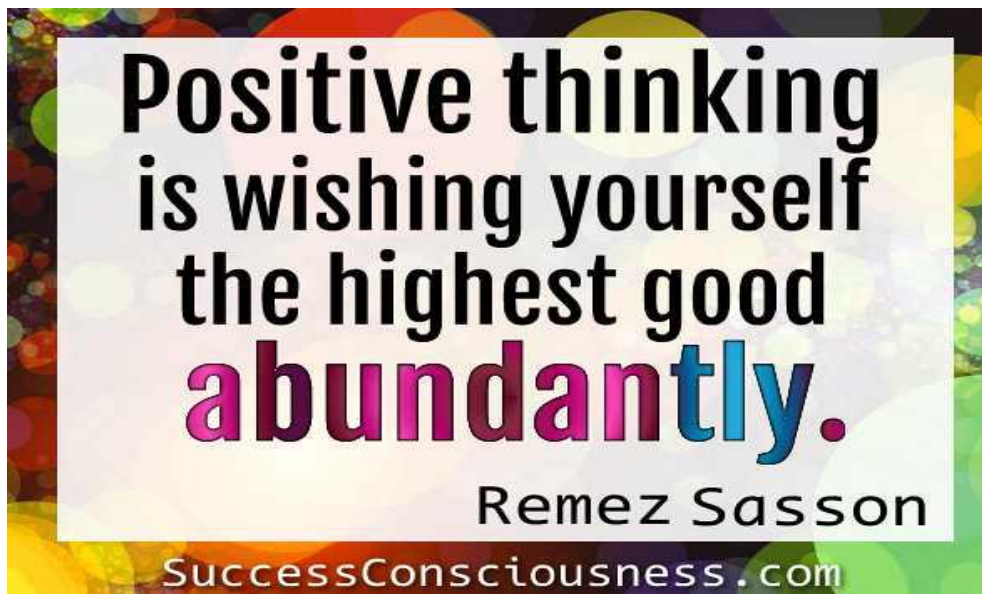
Jim stayed calm and confident during the interview, made a good impression, and got the job.



Norman Vincent Peale and Positive Thinking

In 1952, [Norman Vincent Peale](#) published his book 'The Power of Positive Thinking'. This book, popularized the concept of positive thinking.

In his book, which is still popular nowadays, Peale provided practical instructions designed to help the reader achieve an optimistic attitude. His techniques involved [affirmations](#) and visualizations.



Quotes for positive thinking

This “positive thinking” quotes collection will help you maintain a healthy mindset and achieve a new perspective in your daily life.

Tell us which of these positive thinking quotes was your favorite in the comment section below.

You may also enjoy our article on:

- Positivity quotes
- Positive motivational quotes
- Norman Vincent peale quotes

According to research by the University of Pennsylvania, individuals who engage in positive thinking experience increased life satisfaction and improved mental and physical health outcomes.

The research findings encourage us to read and share positive thinking quotes to enhance a positive mindset

What are the benefits of reading positive thinking quotes?

Well, did you know you can increase your chances of succeeding in anything you do by just thinking positively?

For your life to be fulfilling and happy, you must be optimistic and develop good vibes.

Most psychologists recommend positive thinking for good mental health.

You may have probably heard of this idea but dismissed it.

Truth is, it holds water.

Positive thinking can help improve your:

- Mental health
- General wellness
- Confidence
- Relationships with others

There are many ways to improve your mindset.

One way is to associate with positive people or others who have good attitudes and will keep encouraging you even when you fail.

You can also maintain positivity by being enthusiastic even when you feel dull.

Reading uplifting quotes can inspire you to be optimistic.

In that respect, below are some inspiring positive thinking quotes and proverbs to help you achieve a new perspective.

Don't also forget to read our collection of [good energy quotes](#).

Also, check out our most popular quote article, a list of [short inspirational quotes](#) for daily wisdom.

See the rest of [our quote database](#) for even more inspirational ideas and thoughts.

Positive Thinking Quotes For A New Perspective

In a study conducted by the University of Queensland, individuals who practiced positive thinking techniques showed increased resilience and the ability to cope with stress.

The study encourages sharing of positive thinking quotes at workplaces as a strategy for enhancing performance.

1. “We become what we think about.” – **Earl Nightingale**
2. “If opportunity doesn’t knock, build a door.” – **Milton Berle**
3. “Pessimism leads to weakness, optimism to power.” — **William James**
4. “Live each day as if your life had just begun.” – **Johann Wolfgang Von Goethe**
5. “I am the greatest, I said that even before I knew I was.” – **Muhammad Ali**
6. “A man sees in the world what he carries in his heart.” – **Johann Wolfgang Von Goethe**
7. “Things turn out best for the people who make the best of the way things turn out.” – **John Wooden**
8. “The mind is everything. What you think you become.” – **Buddha**
9. “The most common way people give up their power is by thinking they don’t have any.” – **Alice Walker**
10. “Life is 10% what happens to us and 90% how we react to it.” – **Dennis P. Kimbro**

Positive Thinking And The Unstoppable Force Of Progress Towards Inclusion

This week I’ve been thinking about positivity and progress. Anyone who keeps up with the news would be forgiven for thinking that there is not much to be positive about at the moment.

While it is all too easy to go down that rabbit hole let’s take a moment to flip the narrative, and focus on how far we’ve come in diversity and inclusion.

Positive Mindset:How To Develop The Positive Mental Attitude

It is probably not a surprise to you that positivity is, inherently, at the center of positive psychology.

Positivity doesn’t always refer to simply smiling and looking cheerful, however—positivity is more about one’s overall perspective on life and their tendency to focus on all that is good in life.

In this piece, we'll cover the basics of positivity within positive psychology, identify some of the many benefits of approaching life from a positive point of view, and explore some tips and techniques for cultivating a positive mindset.

This piece is a long one, so settle in and get comfortable. Let's get started.

Before you read on, we thought you might like to [download our three Positive Psychology Exercises for free](#). These science-based exercises will explore fundamental aspects of positive psychology including strengths, values and self-compassion and will give you the tools to enhance the wellbeing of your clients, students or employees.

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A Project on Value Education

Goal Setting

Submitted by

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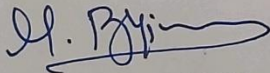
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March 2023

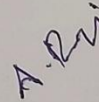
Certificate

This is to certify that this project entitled” VALUES FOR LIFE -GOAL SETTING” submitted by SWATHI M, SWATHI PRIYA V.R, VARSHINI K, VIMALA M,VISHNU PRIYA J, HARINI A, for the degree of bachelor of science / arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate Department of Economics, Fatima College (Autonomous), Madurai-18. This project has not been submitted elsewhere for any other degree.



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GOAL SETTING

SET GOALS ;

- + Sustained hard work is a critical component to success ,but that har work must be strategig and focused.
- + When you embrace the practice of **GOAL SETTING**, you make sure your work is driving you toward Specific, desired OUTCOME

There should be setting of goals...

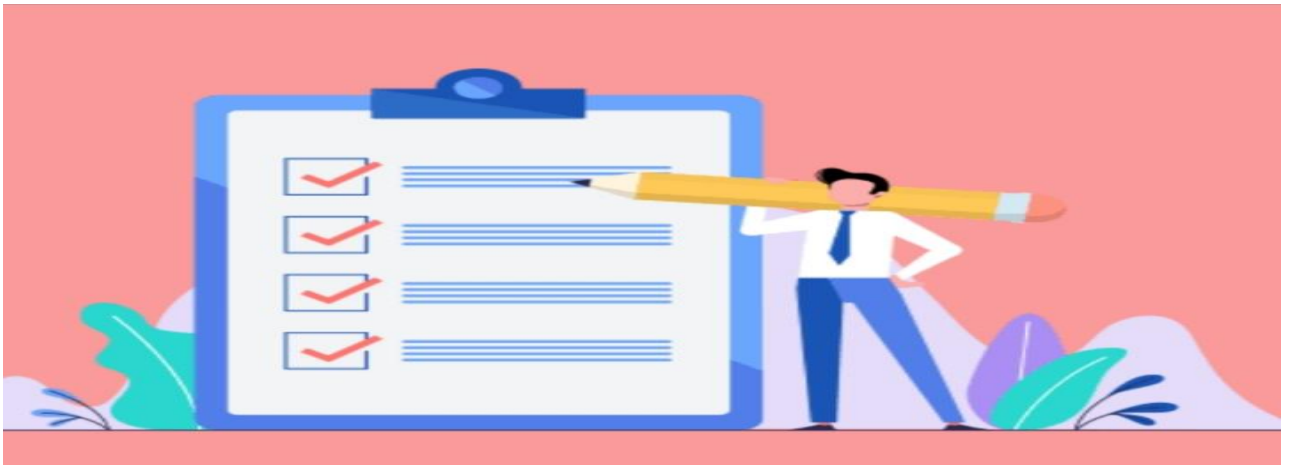


GOALS

A goal is something you aim for that takes planning and work .

- Effective in building self - confidence
- Increase self esteem
- Improves your overall health
- A goal must be

- Measurable
- Attainable



WAYS TO IMPROVE GOAL
SETTING:

- HAVE A LONG TERM GOAL .
- GIVE YOUR MOTIVATION A BOOST.
- HAVE A SHORT TERM GOAL.
- HELPS YOU MAINTAIN FOCUS .
- MAKE IT CHALLENGING BUT REALISTIC.
- GIVE A REASON WHY YOUR GOAL IS IMPORTANT.
- AIM HIGH SO THAT YOU REALLY PUSH YOURSELF.
- MAKE IT SPECIFIC.
- FOCUS ON SKILLS.

- FOCUS ON DEVELOPING YOUR SKILLS,NOT JUST ON THE END OUTCOME.
- BE FLEXIBLE.
- IF THE SITUATION CHANGES ,TWEAK YOUR GOALS.
- SHARE YOUR GOALS.
- IF OTHER PEOPLE KNOW ABOUT THEM,THEY MAY BE ABLE TO HELP YOU.
- ENSURE THERE IS TRUST.
- PEOPLE WORK HARDER ON ACHIEVING A GOAL IF THEY TRUST THE PERSON WHO HAS SET THEM THAT GOAL.

- CONSIDER POTENTIAL OBSTACLES.
- THIS ALLOW YOU TO COME UP WITH A PLAN, ENSURING THAT YOU ARE FULLY PREPARED.
- MONITOR PROGRESS.
- THIS HELPS YOU STAY ON THE RIGHT TRACK AND TO ADJUST AS NEEDED.
- READING YOUR OWN CAN CHANGE YOU AND PUSH YOU TO WORK HARD.

GOAL SETTING

- **Goal setting involves the development of an action plan designed in order to**

motivate and guide a person or group toward a goal.

- **Goals are more deliberate than desires and momentary intentions.**
- **Therefore, setting goals means that a person has committed thought, emotion, and behavior towards attaining the goal.**

GOAL SETTING :A SCIENTIFIC GUIDE TO

SETTING AND ACHIEVING GOALS

- ❖ GOAL SETTING is everywhere in our world . we set goals for our careers ,our health, and our live in general.
- ❖ It seems modern society is always encouraging us to think about the next milestone.
- ❖ However ,what we don't think about enough is the science and strategy of how to accomplish your goal.

- ❖ Whatever your setting personal goals or professional goal, this guide will explain everything about the goal setting.
- ❖ List your goal in a paper and set all your dreams first and maintain all your skills and let your dreams go ahead and achieve all the dreams what you want.

HOW TO SET A GOALS ? YOU WILL ACTUALLY FOLLOW :

- ❖ Ruthlessly eliminate your goals.
- ❖ Set an upper bond.
- ❖ Stack your goal.

❖ AT THE END OF THIS PAGE
 ,YOU'LL FIND A COMPLETE LIST
 OF ALL THE ARTICLES
 WE HAVE WRITTEN ON GOAL
 SETTING.

What is goal setting and how to do it well ?

Do you ever feel like you're sleepwalking through life with
no real idea of what you want ?

Perhaps you know exactly what you want to achieve ,but
have no idea to get there.

THAT 'S WHERE THE GOAL
SETTING COMES...



PLANNING

GOALS...!

- ✓ Goals are the first step towards planning the
Frame and play a fundamental role in the
development of skills in various facts of

life ,from work to relationship and everything in between.

- ✓ They are the target at which we aim our proverbial arrow.
- ✓ Understanding the importance of goals and the techniques involved in setting achievable goals paves the way for success.

WORDS OF PABLO PICASSO

ABOUT

GOALS :



“

OUR GOAL CAN ONLY BE REACHED THROUGH A

”

VECHICLE OF A PLAN ,IN WHICH WE MUST

FERVENTLY BELIEVE,AND UPON WHICH WE

MUST VIGUOROUSLY ACT.THERE IS NO OTHER

ROUTE TO SUCCESS.” – Pablo Picasso.

What is GOAL SETTING

MUST IS GOVT 2ELLING

?



Goal setting is powerful motivator, the value of which has been recognized in an abundance of clinical and real – world setting for over 35 years.

- Give yourself a reward once you have achieved your goal.**
- Build in several check points doing.**



DREAM BIG....

TAKE ACTION....

MOTIVATE YOURSELF....

MOTIVATE OTHERS....

IMPROVE YOUR SKILLS....

ACHIEVE MORE....

TRUST YOURSELF.....



“GOALS” “are the object or aim of an action ,for example ,yo attain a specific standard of proficiency,usually whithin a specific time limit.”

They are the level of competence that we wish to achive these goals.

Create a useful lens through which we assess our current performance.

GOAL SETTING is a process by which we achieve these goals.

The importance of the goal setting is the process should not go unappreciated.

According to lock “EVERYONE PERSONS LIFE DEPENDS ON THE PROCESS OF CHOOSING GOALS TO PURSUE ; IF YOU REMAIN PASSIVE YOU ARE NOT GOING TO THRIVE AS A HUMAN BEING”



SMART GOAL SETTING



5 steps to set goals :

✓ BRAINSTROM ACTIONABLE OBJESCTIVES

✓ IDENTIFY REALISTIC AND SPECIFIC
GOALS

✓ BREAKDOWN GOALS INTO SMALLER
STEPS

✓ IDENTIFY POSSIBLE OBSTACLES

✓ SCHEDULE TIME FRAME.