

Essential Tips

courtesy of CEC-JPC

Getting Started on Your Goals

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* #1: Goals For The New Semester and The New Year

● *Setting Goals is Crucial*

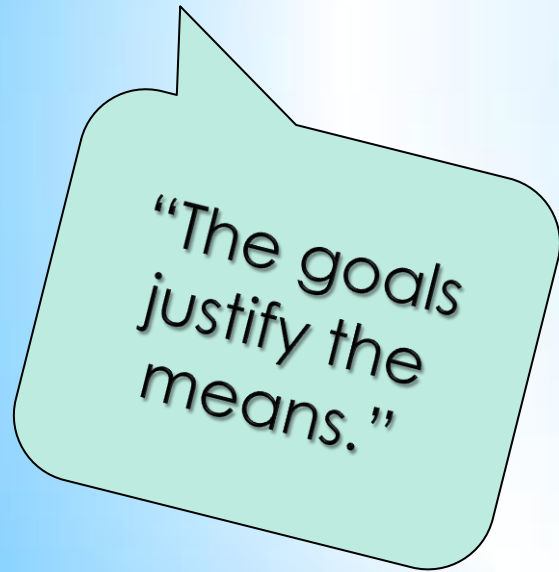
- Goals give you a **long-term vision** as well as a **short-term motivation**.
- Goals **gets you organised**, so that you **live life to the fullest**.
- Goals **move you forward**.
- Goals help you **build on your dreams**, and **believe in yourself**.
- Goals tell you what you truly want.

● *Areas to Target:*

- **Education**
- **Financial**
- **Social**
- **Family**
- **Career**
- **Service**
- **Physique**
- **Creativity**

"The trouble with not having a goal is that you can spend your life running up and down the field and never score."

— Bill Copeland



* #2: Long Term Goals

- **Look at the Big Picture**
 - It helps you to know **what you want to achieve**, and help you set your long term goals.
 - It determines what you desire the most.
- **How do I start setting my long term goals?**
 - Sit yourself down and ask yourself, **“Where do I see myself in 5 or 10 years?”** Take 5 to 10 minutes or longer to think about it.
 - Secondly, ask yourself, **“What will I be doing after I graduate?”**
- **Develop clear statements**
 - For an example, a **specific date** to when you intend to achieve your goals.



* #3: Short Term Goals

● *Benefits of having short term goals:*

- Short term goals help you measure where you are at, and what other improvements are needed to achieve the end result.
- They are motivators to help you reach your long-term goals.
- They will help keep you organised, and focused.
- They will help build your self-esteem as you achieve your goals.

● *Short Term Goals are your Long Term Goals segmented*

- Long Term Goal: Your desire and dream.
- Short Term Goal: Your plan to get there.

"Every Professional was once an amateur. Every Expert was once a beginner. So dream Big and start Now!"



* #4: Stay Positive

- *Have a Positive Attitude*

- Learn to **rephrase your goals to be encouraging**, and less obligatory

- *Credit your effort*

- If you achieved lower than your expected goal, **remember the hard work and effort you put into it.**
- Bear in mind, **you will improve and make it easier** in achieving your goals over time.

“Once you replace negative thoughts with positive ones, you'll start having positive results.”
- Willie Nelson



#5: “Give Yourself a Pat on the Back”

- *Remember to Acknowledge Your Achievements when you achieve a long term goal.*
 - Take some time to **celebrate the goals you have achieved.**
 - It could be as simple as framing an awarded certificate, displaying your trophy, pampering yourself with a tasty meal/dessert, treating yourself by buying the watch or shoes you have been wanting, or sharing the good news with someone.
- *Acknowledging your achievements plays a part in motivating yourself for future goals.*

“We are taught to thank others for their deeds, but one person we were not taught to thank is ourselves.”

Tune in next week for more

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