April 27, 2020

Work Readiness Activity Week #6 - Reaching Your Goals: Create and Implement a System That Works for You

Good afternoon! I hope you are doing well and staying healthy.

In last week’s activity, we began to discuss procrastination and time-management. To make improvements in this area, you formed a schedule of your week, placing in times for school classes and assignments, work (if you are currently employed), job development (if you are searching for a job), house chores (such as cleaning and meal prep), breaks and fun activities, self-care practices, etc. Through this activity, you identified your priorities and recognized which tasks required more of your time, allowing yourself to find a balance between work and fun while remaining productive and successful at school and/or work. You then identified goals that you have for the coming year, and we asked you to brainstorm and explain how you planned to reach those goals.

In this week’s activity, I want to give you some extra support in that area, tools to help you develop a plan so that you can follow through and attain your personal and professional goals. Remember, as we addressed last week, how we choose to spend our time is exactly that, a choice. If something is important to us and matters a lot to us, we can choose to take the time for it. In the goal planning process, it’s important to note that there is not a one-size-fits-all system. It will be important for you to be realistic and create a plan that best fits into your lifestyle, allowing you to remain consistent and gain enjoyment from the process.

“You choose the future with your actions each day” – James Clear (2020)

**Activity #1: Listen to this presentation**, Atomic Habits: How to Get 1% Better Every Day - James Clear, <https://www.youtube.com/watch?v=U_nzqnXWvSo>, and then, as James says, lets

“Give your habits a time and a space to live in the world” (2018). (If you find his work interesting and want to learn more, check out his website <https://jamesclear.com/> for articles and resources on this topic.)

**Write a reaction to this video. Then, consider his four categories of habit formation and answer these questions/statements:**

1. **Noticing:** Create a plan to work towards your goal. What key steps will you need to take to reach your goal? (If this is difficult for you to break down, you may need to research to learn more about this topic and speak to someone that can help.) Write down the steps and then number them in the order you will follow. Identify the when, where, and how. And, how will track your progress? Write *the* *failure premortem* and then develop if/then plans so that you have a backup established for when you need it.
2. **Wanting:** What changes will you make to your physical environment so that your good habits are easier to commit to and you can consistently work towards your goal?
3. **Doing:** How will you get started?
4. **Liking:** How will you reward yourself in the present moment, to help you stick to the good habit?

When thinking about goal setting, another thought came to mind. I believe goal setting is healthy and important because it gives you something to strive towards, but I also think it’s important not to get overly wrapped up in the result. Reaching the goal is NOT the end-all, be-all. It is so crucial to recognize that we need to find happiness, satisfaction, and joy in the process and our progress. It is only by doing this that we will remain consistent, find success, and gain something from the experience. “Successful people enjoy the learning process and don’t mind when it continues beyond an expected time frame. They relish in the journey to mastery. They focus on the happiness cultivated along the path to a particular goal, not necessarily a material outcome.” (Wilding, 2016)

I discovered an article that clearly addresses these ideas and it outlines steps to successfully attain a goal, which are very similar to those described in the James Clear video you just watched. The article states, “While dedication to continuous personal improvement is admirable, it's a slippery slope. When we get too caught up in future outcomes, we may attach to an unattainable illusion of perfection. We seek goal after goal, hoping *something* will make us happy, which reinforces a cycle of self-doubt and not feeling "good enough".” (Wilding, 2016)

**Activity #2: Please read this article, *Why Reaching Your Goals Can Surprisingly Make You Less Happy,* found on** [**https://www.forbes.com/sites/melodywilding/2016/08/22/why-reaching-your-goals-can-surprisingly-make-you-less-happy/#4e5df5b3b880**](https://www.forbes.com/sites/melodywilding/2016/08/22/why-reaching-your-goals-can-surprisingly-make-you-less-happy/#4e5df5b3b880)**. Write a response and be sure to include how you plan to counteract the *arrival fallacy*.**

**Do you have a favorite line or section from the article?** I enjoyed reading, “Rather than work to attain a “cure-all” end goal, it’s important to view life as a succession of practices that build a imperfect yet wonderful big picture. Greatness comes from years grit, effort and many stumbles along the way.” (Wilding, 2016)

**\*\* If you find yourself struggling at any point to create a system or stick to your system, ask yourself, “Who can help?”. Where can you go to find the support that you need to accomplish this goal today and every day? Brittany and I are two people that should always be on your list, please reach out and speak up if you need our support!!**

I hope you have a great week ahead and I look forward to hearing back from you with your responses by XXX time on XXX date.

**References**

Wilding, M. (2016, August 22). *Why reaching your goals can surprisingly make you less happy*. Forbes.

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