

Goal Setting - Fact and Fiction: Taught by Irene Nizzero

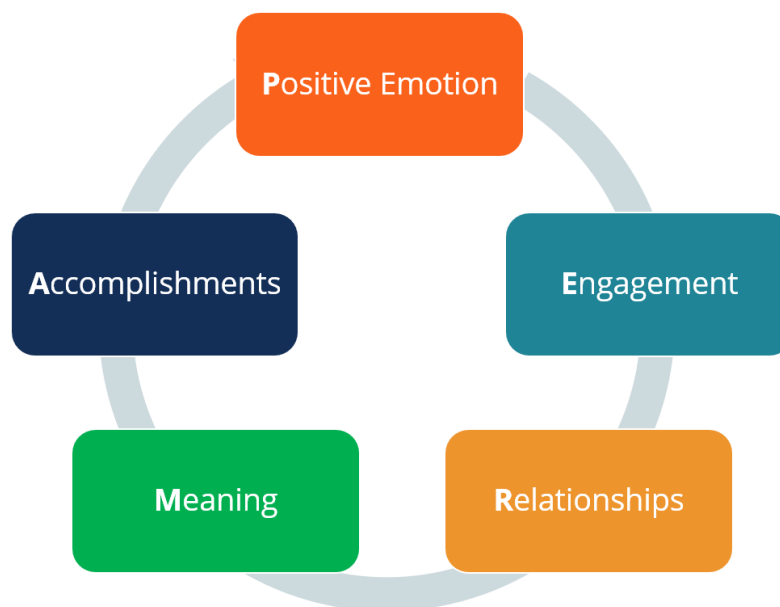
Objectives

By the end of this presentation, participants will be able to:

1. Describe why most people feel the need to establish and pursue goals
2. Create alternatives to goals; i.e., enduring behavioural change
3. Follow a five-step process to achieving what really matters

Content

Why we think we need **goals** (specifically): The five pillars of well-being – PERMA



How to establish a system for creating the behavioural change you want

1. What's my desired future state? What do I REALLY want for myself? (Be detailed!)
2. Why is this important to me?
3. What plan do I need to create to make this happen? What habits will help me?
Use acronym EAST
4. How to combat the hard times
5. Revise, renew and recommit

Resources to help you along the way:

The resources below are listed in the order they were mentioned during the Goalsetting presentation:

- For a primer on Positive Psychology: ***Flourish* by Martin Seligman**
- On creating habits and their importance: ***Atomic Habits* by James Clear**
- How to sustain change and ensure that what we desire is the main driver: ***Helping People Change* by Richard Boyatzis et al**
- On clarifying what we value and why: ***Start with Why* by Simon Sinek**
- For a description of grit for riding out tough times: ***Grit* by Angela Duckworth**
- Adopting a growth mindset and stay on your learning edge: ***Mindset* by Carol Dweck**
- For ways to use self-compassion and fierce self-compassion
 - https://greatergood.berkeley.edu/images/uploads/Neff_Fierce_Self-Compassion_Resources.pdf
- How to help yourself combat self-criticism/inner chatter: ***Chatter* by Ethan Kross**