

Setting goals (II): What's the Technique

To achieve your personal goals, you need to pay attention to the followings:

1. Setting goals: Is your goal:

Clear? / Feasible and measurable? / Is there a time-limit for completing your goal?

“Can you express your goals in one or two sentences?” (Declaration to achieve the goal)

2. Planning: Have you considered the following factors:

Is the plan feasible? / Are you competent? /

Do you have enough time to implement your goals? / What is your past experience? /

Any access to resource? / Any restriction in your circumstances?

While pursuing your goals, it is important not to neglect other important aspects of your life and responsibilities

3. Implementation: The ideal attitude

i) Do not give up easily (ii) Be confidence (iii) Be positive in facing difficulties

The above ideal attitudes will increase your chance in achieving the goal.

4. Evaluation: To evaluate the followings constantly

Is the goal feasible?

Are you capable in achieving the goal?

Are there any mistakes during the process? What can I do better?

✧ “When the time limit is reached, an overall evaluation should be done to reflect on the process.”