

## Committing to your Goals: Activity No.10

“If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing flowers in the garden or looking for dinosaur eggs in the desert.” People who strive for something personally significant, whether it’s learning a new craft, changing careers, or raising moral children are far happier than those who don’t have strong dreams or aspirations. Find a happy person and you will find a project.

It turns out that the process of working toward a goal, participating in a valued and challenging activity, is as important to well-being as its attainment. Indeed, numerous anecdotes reveal that people often feel enormous letdowns after having attained something that they have been striving toward for years. Working towards a meaningful life goal is one of the most important activities for becoming lastingly happier. The key is to discern which goals make you happier in the long term.

### Six Benefits of Goal Pursuit

1. Committed goals pursuit provides a sense of purpose and a feeling of control over our lives.
2. Having meaningful goals bolsters our self-esteem, stimulating us to feel confident and efficacious.
3. Pursuing goals adds structure and meaning to our daily lives.
4. It helps us to learn to master our time.
5. It helps us cope with adversity, often requiring goal adjustment.
6. Assists us to engage with others.

### What Kind of Goals Should you Pursue?

**Intrinsic Goals:** People whose life goals are intrinsically motivated (personally involving and rewarding to you) obtain more satisfaction and pleasure from their pursuits. In contrast extrinsic goals for superficial reasons such as making money, seeking power etc do offer the same pleasure.

**Authentic Goals:** Do you value and truly own your goal, or are they the goals favored by your parents, spouse or friends.

**Approach Goals:** Approaching a desirable outcome is better than avoiding an outcome. For example; eating healthily rather avoiding eating sweets.

**Harmonious Goals:** Your goals should complement one another, e.g. build your business and spend more time in the outdoors.

**Flexible and Appropriate Goals:** Priorities changes and goals need to adjustable and realistic.

**Activity Goals:** New activities work well to boost happiness verse trying to better your circumstances; Be Active .

## Recommendations

Choose wisely and from the list below:

Choose These Types of Goals	....Not These
<ul style="list-style-type: none"><li>• <b>Intrinsic</b></li></ul>	<ul style="list-style-type: none"><li>• Extrinsic</li></ul>
<ul style="list-style-type: none"><li>• <b>Authentic</b></li></ul>	<ul style="list-style-type: none"><li>• Inauthentic</li></ul>
<ul style="list-style-type: none"><li>• <b>Approach</b></li></ul>	<ul style="list-style-type: none"><li>• Avoidance Orientated</li></ul>
<ul style="list-style-type: none"><li>• <b>Harmonious</b></li></ul>	<ul style="list-style-type: none"><li>• Conflicting</li></ul>
<ul style="list-style-type: none"><li>• <b>Activity Based</b></li></ul>	<ul style="list-style-type: none"><li>• Circumstance-based</li></ul>
<ul style="list-style-type: none"><li>• <b>Flexible and Appropriate</b></li></ul>	<ul style="list-style-type: none"><li>• Rigid and Inappropriate</li></ul>

In general you are more likely to persevere and succeed with goals that have a larger purpose or long term importance, make sure your goals are meaningful to you.

**Choose Wisely:** Write a summary of your life, your values, and your accomplishments as you would like them known to your descendants in the format of a first person letter or even obituary. You could also write down the sorts of lives you want your children to have, this will assist you to re-examine your life and goals.

**Own Your Goals:** This will assist you in having authentic goals.

**Commit with Passion:** developing skills at any levels often requires hardship, therefore commit with passion, ardor and zeal.

**Create Self Fulfilling Prophecies:** Belief in your success and living it will help you achieve it.

**Be Flexible:** Adaptation is essential, things change all the time.

**Baby Steps:** To make progress to your higher level goals you must break them down in to lower level, concrete sub goals.