

## **Motivation And Goal Setting**

### **What is Motivation?**

- a persons desires or goals which move them into action;
- a desire to accomplish a goal or participate in the steps that lead to the goal;
- the psychological feature that arouses a person to complete the steps that move them toward a desired goal; the reason for the action; that which gives purpose and direction to behavior;

### **Extrinsic Motivation versus Intrinsic Motivation**

Extrinsic motivation is something that comes from outside the person (I want to go to college because my parents expect me to get a college degree.)

Intrinsic motivation comes from the inside, it is something that excites us, that we enjoy doing or are interested in doing (I want to go to college because I love what I am learning and I am excited about my future career.)

Intrinsic motivation is more effective than extrinsic motivation. Some people say that extrinsic motivation does not work! The key to developing intrinsic motivation is to develop/find an interest in what you are doing.

Interest = Success

### **How to Build Interest**

There are many approaches to building your interest in a something so that you can achieve it:

- Create an interest in what you are doing, find ways to make it interesting
- Develop a positive attitude towards what you are doing; focus on the positive versus the negative
- Picture your goal happening – remember Walt Disney “If you can dream it you can do it.”
- Identify and set goals. Knowing what you want to do is not as important as doing what you want to do!

## **Goal Setting**

Goals are “wants” or dreams, they are something we consciously want to attain, accomplish, or achieve.

Goal setting provides a sense of control over what we do in our lives and allows us to move beyond behaviors, beliefs or fears that may be preventing us from achieving our goals.

Goals are SMART – specific, measurable, attainable, reachable, timely.

Goals are always things you want to achieve; they are never things you don't want to achieve.

Examples of good goals:

- I want to lose 15 pounds by May.
- I want to get a “B” in each of my classes.
- I want to develop a good relationship with my teachers

## **Objectives**

When you know what you want to achieve, you must identify how you are going to get there, what you are going to do to achieve this goal. Objectives are the specific things you do to achieve yours goals:

Examples of objectives for the goal “I want to get a ‘B’ in each of my classes:”

- I will go to class every day
- I will do my homework
- I will sit in the first or second row in class
- I will review my class and textbook notes every week

## Goal Setting Worksheet

1. What is something you want to achieve? (This is your goal)

---

---

2. List the things you need to do in order to accomplish your goal? (These are your objectives)

---

---

---

---

---

3. List the obstacles that may prevent you from accomplishing your goal.

---

---

---

---

---

---

**4. List the strategies you will use to overcome these obstacles.**

---

---

---

---

---

---

---

**5. Ask yourself “What am I willing to do to achieve my goal?”**

**6. Visualize yourself achieving your goal and tell yourself “I can do it.”**

**7. Post the goal and objectives in a place where you can see them on a daily basis.**