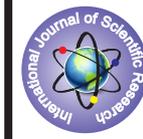


Why self-set goals may be sometimes non-motivating



Social Science

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ABSTRACT

The terms motivation and goals are extremely interlinked. Goals need motivation and motivation aims goals. Without goals, motivation is nothing, and without motivation, goals are nothing. In this paper we describe about how self set goals can be non-motivating if they are very high or unpredictable.

GOALSETTING

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself. And your goal planning decides to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life. Goals are needed for a successful life so is motivation. Goals need motivation, without motivation it is nearly impossible to achieve a target in life. The goals may not be as big, but can be as small as in our everyday life. Even those goals require a motivation. Motivation actually acts a driving force which pushes us towards our targets. And our accomplished goals act as a driving force for our next motivation. Thus both are completely interlinked. The goal "pulls" the action. Goals are seen as an effective means for promoting motivation and are therefore used as an instrument for leading and motivating people.

Why Set Goals

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life. Top-level athletes, successful business-people and achievers in all fields all set goals. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence, as you recognize your own ability and competence in achieving the goals that you've set. Setting goals is a fundamental component to long-term success. The basic reason for this is that you can't get where you are trying to go until you clearly define where that is. Research studies show a direct link between goals and enhanced performance in business. Goals help you focus and allocate your time and resources efficiently, and they can keep you motivated when you feel like giving up.

Now there is an irony in the topic of the discussion. Can these goals be sometimes non-motivating?

No, most of us would believe. How is it possible? But folks, it is definitely possible. Setting not only goals is necessary in life, but setting realistic goals is the key to a really successful success. Now what do I mean but a successful success, most of my friends would ask? Yes, by successful success I mean that success which is really satisfactory, satiates your soul, quenches your thirst and motivates you further.

There's an example to prove my point. There is a squirrel, and she has determined and motivated itself to fly. It is the only goal in her life. She has set a goal which sounds realistic to her and she tries and tries, finally when she has failed, she is all broken and curses herself. In this case, her only goals in life led to her lose all her confidence in herself. And that's the end to everything. Here the squirrel represents each one of us. All of us set goals; those goals may not be always realistic as they sound to us. And finally us squirrels, who try very hard and in spite of all the motivation and determination, are broken and lose confidence in ourselves. What's to be done?

Set realistic goals –

It's important for every person to set goals that can be achieved. All sorts of people for example, employers, parents, media, or society can set unrealistic goals for you. They will often do this in ignorance of your own desires and ambitions.

It's also possible to set goals that are too difficult because you might not appreciate either the obstacles in the way, or understand quite how much skill you need to develop to achieve a particular level of performance.

Create an Action-Plan

Create an Action-Plan for decided goal. An Action-Plan is a specific list of actions that will help for achieving goal.. One of the most effective ways is to think from the end: A person visualize its outcome as completed and think backward to where he is now. What steps have he will take to get reach there. Work on his Action-Plan if he make progress and get feedback. But put thinking and energy into it to the best possibly way. We also make a pretty good tool in using flow-charts for action-plans..

Start Now with Your Goal

Every person wants to achieve goal then it's very essentials for starting now not tomorrow. A person starts with this first step from his Action-Plan right now. It is very important to do at least one step right now and start building momentum on your goal. If you had difficulties with this little process, then maybe there are some things to consider to free your mind, so that you really become able to use the power of goal setting to the fullest:

Make sure the goal is feasible and specific.

A person should be able to visualize and taste and understand the result .A person use visualization to help them achieve success. By visualizing our success we are preparing our self and making sure take the steps necessary to get there.

Make sure the goal is measurable.

Every person tries to measure his success. When possible, try to quantify the results with percentages, dollars or time. This will help to measure what we have achieved and readjust accordingly our desire goal.

Make sure the goal is in your hands.

we must be decide the goal as a result of our own hard work and determination If we have no control over the outcome, it does not make for a realistic goal. Unrealistic goals can ultimately lead to depression and low feelings of self-worth.

Don't go overboard.

We look at our history and how much we were able to achieve in a certain amount of time, and then try to set goals in the same pre decide time period. It's over board to set more goals at a one time period because we can not focus any one goals .

Be flexible.

We should assess our progress periodically, provide honest feedback. And according feedback require any change adjust our circumstance

and try to achieve goal.

Make sure we really want it.

A goal should be emotionally satisfying. Making sure that we really want to accomplish the goals. In our accomplishment for goal we will be honest introspection and evaluation of what we really want to achieve.

Write it down.

A written goal represents a real commitment. Commitment is what separates our dreams from our goals. Keep a copy of your goal plan in sight and refer to it often. Harvard Business School researchers studied what made the difference in success or failure for people of similar backgrounds and educational standards. Their studies found that 3% of people were successful, 30% were moderately successful and 67% just existed. The significant difference for the 3% who were successful is that they wrote down specific goals. The 30% who were moderately successful had a general idea of where they were going but didn't have any goals formalized. The rest were happy to watch the world go by. What is interesting is that people in the 30% category only needed to put in a small amount of effort to jump into the next group. The secret behind the effort is the development of habits and strategies which support the achievement of clear goals. Successful people form habits to do the things that less successful people don't like to do.

.SET SMART GOALS

S-SPECIFIC

M-MEANINGFUL

A-ACTION-ORIENTED

R-REWARDING

T-TRACKABLE

CONCLUSION

The goals must be in our own hands. This means we must be able to achieve the goal as a result of our own hard work and determination, or with the our willingness. If we have no control over the outcome, it does not make for a realistic goal. Unrealistic goals can ultimately lead to depression and low feelings of self-worth. There must be an action, or several actions, we can perform that will enable us to achieve the goals we set.

We can set one or more goals if we honestly think we can push ourselves, but planning for too much can overwhelm us. Knowing our own strengths and weaknesses and planning honestly is also a key to achieving a goal in just the perfect way. We should be able to visualize and taste and understand the result we are after. By visualizing our success with close attention to detail, we are preparing ourselves and making sure we take the steps necessary to get there. Ideally, you should set goals for the long-term, and then mini goals that are short-term and ultimately tie in with the bigger picture. Long-term goals can take approximately three to five years to achieve, while short-term goals could take anywhere from a couple months to a year or two. A goal should be emotionally satisfying. It should tug at your heart strings. Making sure that you really want to accomplish the goals that you set will make you strive harder when the road gets tough. In order to become committed to a goal, one must believe in its importance or significance.

Goals will keep you performing at your best and should be a consistent part of our life.