



GEN 0104 Self-Development

Week- 6: Unit 3: Goals

Lecturers:

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Discussion:

- Sigmund Freud Theory
- Carl Jung Theory of Personality
- Big Five Personality Traits:
(O.C.E.A.N)

What Is A Goal?

A goal can be any objective that you set for yourself and push yourself to achieve.



What Is Personal Goal?



Personal goals are the expressions of the things you want to achieve for yourself in life. Example

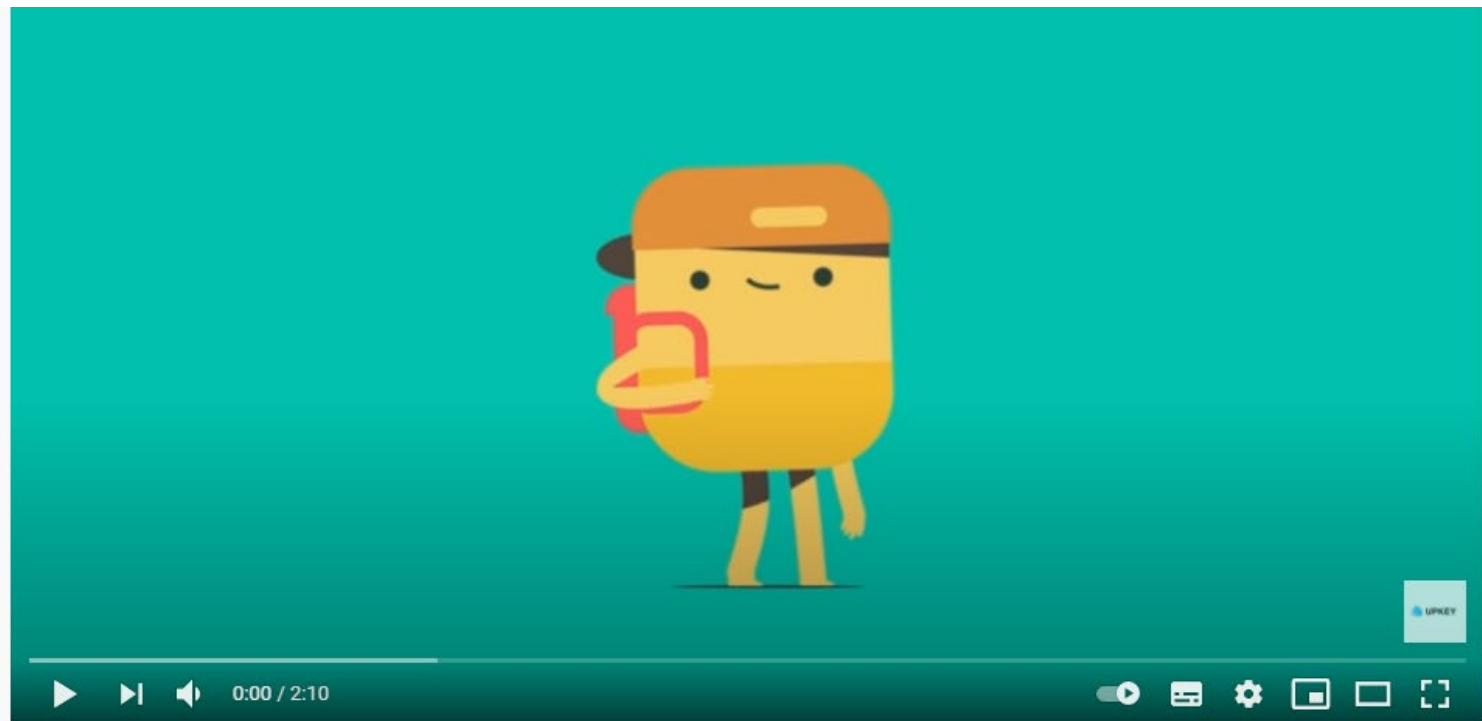
- business goals,
- family goals, or
- lifestyle goals.

When you think about what you want to achieve in life and set goals towards achieving them, you will become more **self-motivated and positive.**

One way to start out on the road to personal development is to set some goals and work hard to achieve those goals regardless of your circumstances.

How to set your short and long term goals

<https://youtu.be/-DYiNTKNgJk>



#Upkey #Sam #AchieveYourGoals

How to set your short and long term goals

Personal goals:

- **Self-development**
- **Professional success**
- **Family life**
- **Life as a whole**

How to Set Personal Goals:

- **What do I want out of life?**
- **What kind of family life do I imagine?**
- **What are my career aspirations?**

How I Overcame Failure | Jack Ma

<https://youtu.be/8SN9Kj8SdgE>



Personal Goals

https://youtu.be/F5JI_6nsgaM



A Powerful Lesson on Time Management - Golden Nugget #128

3 Negative Habits that are Sabotaging your productivity

<https://youtu.be/FhU1CNOmd6Q>



3 Negative Habits That Are Sabotaging Your Productivity

ฉันไม่ชอบวิดีโอนี้

A Complete Guide to Goal Setting



<https://youtu.be/XpKvs-apvOs>



A Complete Guide to Goal Setting

Break 10 min

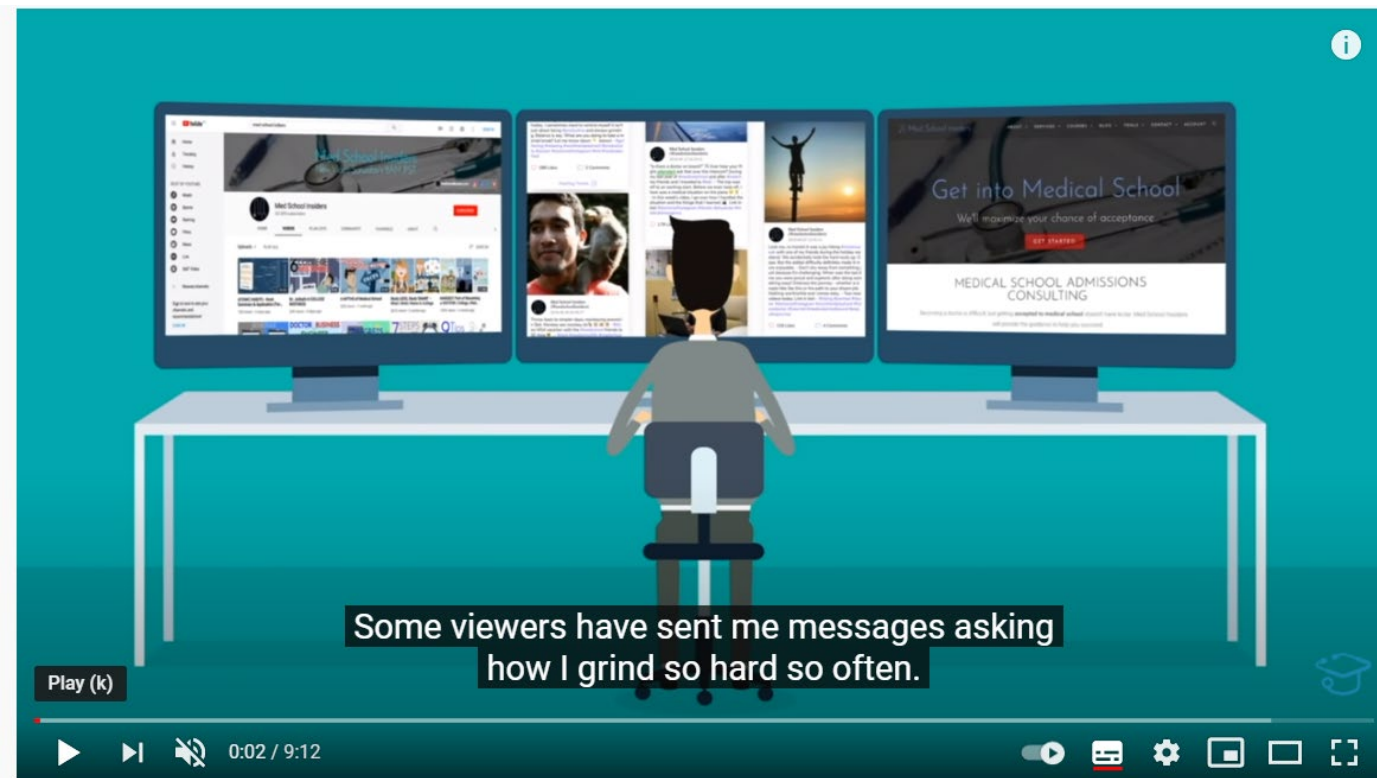
<https://youtu.be/ptD0T-ZcF2M>



Steve Jobs Motivational Speech | Inspirational Video | Entrepreneur Motivation | Startup Stories

How to STUDY When You don't feel like it?

<https://youtu.be/a8QnjbezpaU>



#studytips #studyhacks #medstudent

How to STUDY When You DON'T FEEL LIKE IT!

<https://youtu.be/PaUWhO-B7Ts>



Personal Growth Goals

1. Learn more
2. Be a great listener
3. Wake up early
4. Let go of the past
5. Be more creative

Help Students
Set
Personal Goals

go to college

be a vet

learn about science

get better at soccer

be a good friend
be kind

friends

thrivingyoungteachers.com

The Relationship between Motivation, Goals and Achievement

There is a strong correlation between self-motivation, personal goals and achievement.

Five Ways to Set and Achieve Your Personal Goals

1. Decide exactly what you want
2. Write it down
3. Make it time-bound
4. Get it out there
5. Take action immediately

5 Goal Setting Tips for 2021

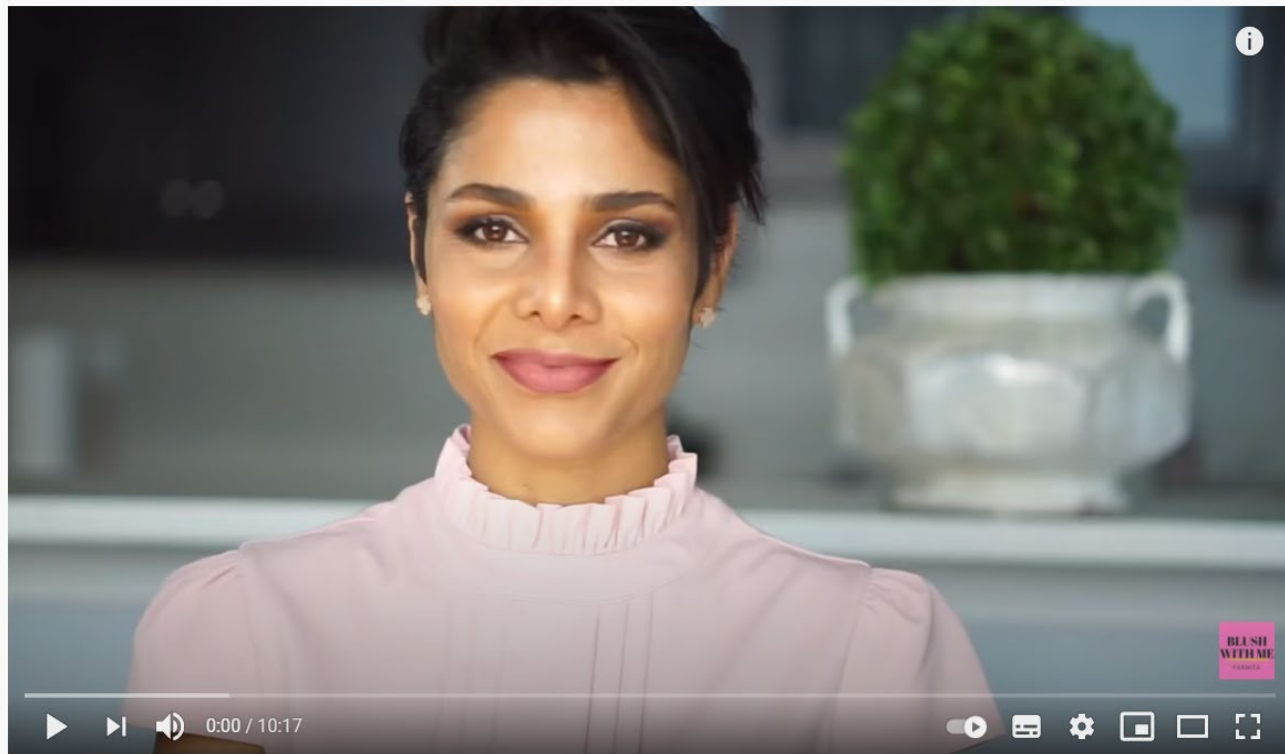
Dr. Brian Tracy

<https://youtu.be/dHxEW0QyF8s>



7 steps to GAIN SELF CONFIDENCE/ build SELF-ESTEEM: Blush with me

<https://youtu.be/U-3vfPO6Nu4>



7 steps to GAIN SELF CONFIDENCE/ build SELF-ESTEEM: Blush with me

Categorise life goals:

Academic goals – what knowledge and/or qualifications do you want to achieve?

Career goals – where would you like your career to take you, what level do you want to reach?

Monetary goals – what do you aim to earn at a given point in your life?

Creative goals – how do you want to progress creatively or artistically?

Physical goals – do you want to develop your skill in a certain sport or other physical activity?

Targets for improvement of Personal Development Goals

- 1. Personal Development**
- 2. Productivity**
- 3. Time Management**
- 4. Communication**
- 5. Storytelling**
- 6. Visual Communication**

Top 6 List of the most common self-improvement goals:

- 1 – Become more fit and healthy (and in particular, lose weight). ...**
- 2 – Find our purpose in life. ...**
- 3 – Acquire more skills for success. ...**
- 4 – Improve our personal relationships. ...**
- 5 – Develop a deeper level of commitment and drive to challenge ourselves.**

Assignments Week 5:

1. Answer: Quiz on
Personality Goal Quiz
2. Select: one Video on the topic of
Personal Goals
Explain why you select this video.



Thank You

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