Goal and Achievement

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A goal is the anticipated outcome that any human or even a system envisions, gets to plan as well as a commitment to achieving. Goals are set with the expected time of achievement. They should be challenging but yet attainable and realistic (RElliott & Dweck, 1988). One should be ambitious in their lives to achieve more. Goal setting gives the short-term motivation, thus acting as the force to propel an individual towards reaching their targets. Goals could be either personal or even professional.

The first goal is starting a big firm in the field of electronics. I find it as a strong business that would boost my living standard as well as helping me achieve my expectations. The ideal statement, in this case, is developing a sense of good relationship with people. The other ideal situation in this goal is working much hard to learn a lot that will help me save the starting capital. The second goal is building rental houses in a town. Finding ways of acquiring a plot in a town servers as my ideal situation. My third goal is a professional one. This is becoming a senior university lecturer. My ideal situation is learning hard by taking my studies more seriously. This will help me get my Ph.D. and be a senior lecture.

After carrying out the Holmes and Rahe self-assessment, my total score is 333. This score shows that there is a very high possibility of becoming ill in future (Rahe, 1968).This results surprised me because in my reasoning I never thought that I have a great chance of being ill some days later. I was taking it very normal and thought that my health cannot be affected by the little experiences I have passed through in the last one year.

From the results of my self-assessment, I find them having a negative impact on the achievement of my two set personal goals and the career goal. There is a high potential of not reaching my goals. It becomes a bit challenging. For me to achieve the set targets I need to make some adjustments in my living style. This could include; looking for better ways of solving conflicts and the misunderstanding with the people around me. Being busy doing something constructive in order to minimise the chances of thinking a lot. This will make it easy to reach my goals. Otherwise, with the current situation, it is hard in a way.

References

Elliott, E. S., & Dweck, C. S. (1988). Goals: an approach to motivation and achievement. Journal of personality and social psychology, 54(1), 5.

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