

Goal Directed Behavior

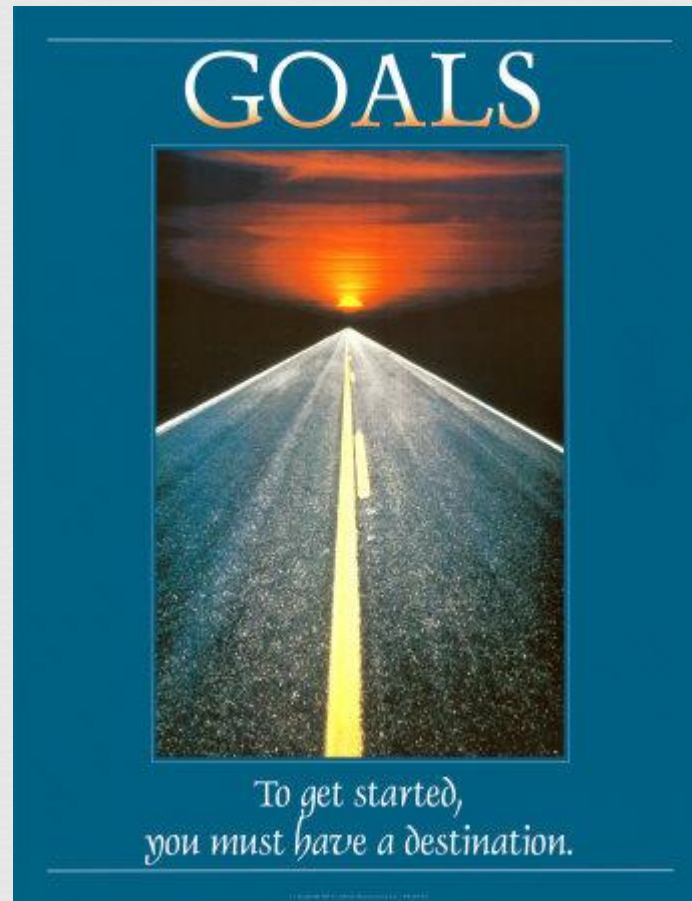


Goal Setting by the Numbers



- ❑ People with written goals are 50% more likely to achieve than people without goals
- ❑ 92% of New Year's goals fail by January 15th
- ❑ Only 3 of every 100 adults write their goals on paper
- ❑ A Harvard study suggests that 83% of Americans have no goals
- ❑ Goals 'held' in the mind are more likely to be jumbled up with the other 1500 thoughts per minute that the average human being experiences

Goal Directed Behavior



#takethefirststep



Goal Directed Behavior

A person's initiation of and persistence in completing difficult tasks.

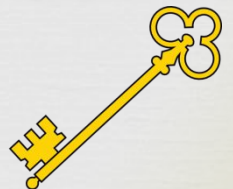
Having Goal Directed Behavior Skills...

... means you are able to navigate the course towards reaching your goals.

Set Your **Goals**
High Enough To
Inspire
You And Low
Enough To Encourage
You.
lifelovequotesandsayings.com

Key Concepts

- Know what you want
- Be Proactive... create a roadmap to get there
- Got Grit? If not, then get it. Perseverance is the key to getting there
- Resistance...challenge builds physical and mental muscles



Know your why



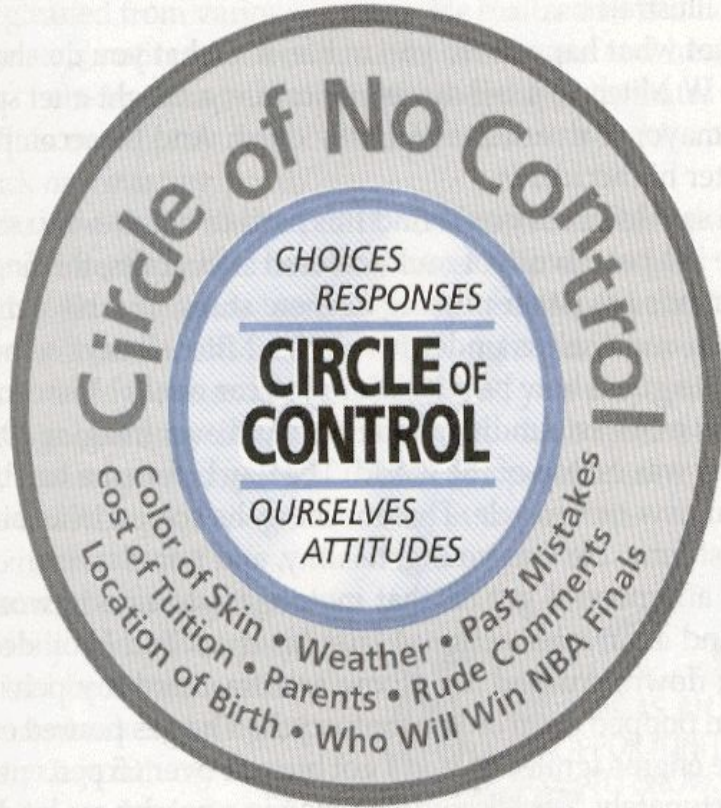
Know what you want...

- Future Story
 - Visualization is one of the most powerful mind exercises you can do
 - Brings the future to life
 - How will you know when you get there if you don't know where you're going
 - **Why should you try?**



#IfYouCanDreamItUCanAchieveIt

Proactive People



- Are not easily offended
- Take responsibility for their choices
- Think before they act
- Bounce back when something bad happens
- Always find a way to make it happen
- Focus on things they can do something about, and don't worry about things they can't

Got Grit?

Grit (n): person's ability to persevere in the face of difficulty until goals are met

Give it your all
Redo if necessary
Ignore giving up
Take time to do it right

Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

- Three tips to help develop GRIT
 - Develop an optimistic mindset
 - Praise the effort and not the outcome/product
 - Develop skills to cope with setbacks, disappoint and failure



Humble ISD

Counseling & Behavioral Services