

Chapter 1 : Process Goals Vs Outcome Goals: Which Goal Setting Style is Best?

To focus on the process means becoming open to feedback; whereas focusing on the goal simply points out the fact the goal might be just as far away, or farther, despite many excellent changes in behavior.

How does everyone else look so composed? Just get this S! How many more classes do I have to suffer through on this Groupon? So I gave myself a little pep-talk and reminded myself I was so fortunate to be able to experience, period, whether it be good or bad. So lucky to feel, so lucky to bask in discomfort. Wanting to rush through the uncomfortable moments in life will lead to life rapidly passing us by. And, as my little anecdote is meant to convey, I catch myself doing it often as well. It happens when we focus on being incomplete until we reach a goal e. Outside of the education system, there is no one giving you marks for completion. If we based our moods simply on production or completion, we would only experience fulfillment when the task was done, or the goal was completed, or the product met our standards etc. And if you knew you only had this moment left, good or bad, would you take it? So, how do you bring your attention to the process over the product? Well, here are a couple of ideas: Is it to complete? Is it to produce? Is it to find a partner? Reach a certain measureable goal? So, take those parts of the process—the failures, the unexpected hurdles, the losses, the mortifying moments again, stories for friends! So, try focusing on the process more, starting now! Here are a few examples where you can put it into practice: The actual productivity part is simply one aspect of work and school. Think instead about the relationships you are building or have built, the skills you are utilizing and developing, the challenges you face and survive, the knowledge you gain, the experiences you have, the awareness you gain. Another place I notice the focus on the product with dating? Date for the process! And with regards to relationships, if your relationship ends, it does not mean you have failed. It means the relationship came to the end of its life-span. If a person dies, do we say their life was a waste? There was a time in my life when I was a real fitness-junkie. I spent hours at the gym and watched every morsel that went into my mouth. Since then, my philosophy has changed immensely. I work out for the endorphin-high, the cross-training for soccer, the mental clarity, the meditation. And you know what? It makes yoga and working out actually enjoyable OK, it makes Bow Pose bearable!!!

Chapter 2 : Focus on progress, not perfection - blog.quintoapp.com

Focus on the process. Learn healthy conflict resolutions skills and your marriage will be "fireproof". You'll be able to make it through the toughest of circumstances with the right skills.

Making sense of pain through science and stories. Bridging the gap between patients and health professionals. What is your passion? Your definition of success? We want to try something new, break an old habit, be successful at work or at play. You know, the bigger picture things we want to accomplish. Perfection should never be the goal because the outcome will always be failure. But we focus on progress, not perfection. On the process, on the now, not the outcome. On the steps along the path. We focus on the journey, not the destination. We strive for improvement, learning, growth, understanding. We strive for excellence and awesomeness, but still allow for imperfection. So where do we start? To truly make a lasting change, it has to be a change that is meaningful to us, not just to others. It has to be something that we value, that we believe in, that we can get behind and commit to because we know the work will be worth it. We have to ask ourselves why we want to make the change. And we have to be honest with ourselves. Something that will help us keep putting one foot in front of the other, to keep making progress, when the going gets tough. Once we know our why, we need to write it down. And we need to keep it somewhere we can readily reference, to keep us on track. What can we do right now to help us reach our goal? To ultimately be successful, we want to just focus on the steps along the path that will help us to reach the bigger goal. One at a time. The list is endless, and can be just as overwhelming as the big picture when you look at all of the possible options. This can make taking the first steps to trying something new or achieving success in some arena of our lives is difficult. So we hone it down even further. To make the process more manageable, we focus on just one task, one small change, that will help us to achieve our goal over time. Our task, our small change, can be to eat a serving of vegetables with each meal. And we do it to the best of our ability. We just find the path again and keep moving forward. Pretty soon that one small thing becomes a habit. Once that first small thing becomes easy, we focus on the next task, the next change. We keep making progress. We keep moving forward. As always, thanks for reading my posts!

Chapter 3 : Ordinary People Focus on the Outcome. Extraordinary People Focus On the Process.

Focus on the process will lead to mastery, growth, and ultimately, better performance. If you don't believe me, ask Coaches Dunphy, Schroeder, Frost, and Slay -- to name just a few. Do you believe that your school puts a greater emphasis on process or results?

Which Goal Setting Style is Best? We all have results we want to achieve. We want to make more money, lose weight, or have stronger relationships. These are all positive things, and they motivate us to take action towards our goals. The Trouble with Outcomes The problem comes when we become obsessed with the results we want and forget about the process that will get us there. The thing that initially motivated us to take action can end up putting us in the wrong mindset and encouraging the wrong behaviors. When you become too focused on the result you want to achieve, you can actually program yourself into a negative mindset. These are outcome goals. When you value results over the process that gets them, you can end up measuring your progress too frequently to get any meaningful feedback. Growth Mindset This mindset can also encourage the wrong kinds of behaviors. They are about doing the right thing, regardless of the outcome, knowing that the right activities will lead you to ultimate victory. A process is entirely under your control. This is easily measurable and doable; you are totally in charge of whether or not you reach your goal. Walking for Weight Loss: The Ultimate Guide Outcomes are not so predictable following outcome goals. If you successfully lost 2 pounds last week, it may be attributable to your new exercise regimen, but it may also be caused by sleep patterns, stress levels, or several other things. It is likely a combination of many different things that caused your results. Focusing on process over results is also important to reduce the frustration that comes from inconsistent results. Results can vary from month to month and person to person. You might have lost 2 pounds this month while your friend who is following the same diet lost 10 pounds. People who jump from one diet or exercise program to another every week are clearly focusing too much on results and not respecting the process. Without sticking to one program for a longer period of time, they will never actually know which one works. Any results achieved over a short time period should be viewed skeptically anyway. You need to follow a given process for a while to gain any meaningful insight about whether or not it works. No one is excited by the prospect of following a process for months or years and making slow but steady progress. The story of the guy who lost pounds in a year is much easier to sell, even if he later ended up gaining back all the weight. Either one can cause you to lose your discipline and forget about the process. Building daily habits gives you something consistent to focus on. Results will vary, but the process stays steady no matter what. Spend most of your time just following the process and not worrying about results. Follow the Process Follow the process, and the results will usually come. Click to Tweet Look for ways to turn your desired results in process goals. Focus on the things you can control and that will set you up for long-term success. Stick with a process for long enough to be sure if it works or not. Instead of waiting to celebrate until you achieve your results, celebrate every time you follow the process. Every day you work to get better is a successful day. Know that even if your results take years to achieve, each step you take towards them is just as important.

Chapter 4 : Focus on the Process, Not the Plan | OnStrategy Resources

Learn to focus on the process more than the results. I remember watching a calisthenics workout video a couple of years back and was inspired to start calisthenics workouts.

Learn more about the series and view the videos on teachingchannel. View the other video on the Mindset Kit, Give work that encourages mistakes: See it in action. Having a growth mindset means that you believe that your intelligence is malleable. Go get started on that. You want your reader to really be able to read it. So you want to make sure you have really clear spaces between your words. So show us where you did that in your writing. Your goal was to make your characters talk. Can you show us a place where you did that in your writing? You really made them come to life! Way to set goals in your writing. If you reach this goal, set another little goal for yourself. I saw Alexandra, she wanted to revise the beginning of her story. Sarah really wants to work on making a strong ending. So she set the goal using her folder that she is going to write an ending for her story to solve the problem. Can I tell you what you did that was super amazing? So I was thinking that something you might start trying as a writer is writing in your piece about how your characters are feeling. Do you think you might like to try that out? Writers, check this out. So have a little cheat sheet for yourself that you can carry around with you in a binder, on a clipboard. Keep up the great work! Think of an adventure! Make sure my reader can read it! So my own self-talk was something that I think was really helpful when I was working through things in front of students. Would you hold it up to show us how you met that goal?

Chapter 5 : Focus on the Process, Not the Product | One Shrink's Perspective

Why is a process focus so central for learning? At its core, learning involves understanding what (and how) inputs affect important outputs—building a model of the way things work.

That water is frigid. And finally they called us out and the whistles blew again. We all dived back onto the sand. Crawling, itching, and burning. Five guys quit instantly and were sent up to the truck. I guess those guys were just thinking ahead, dreading the forthcoming five days of Hell Week, the precise way Captain Maguire had told us not to. The difficulty will rise to uncomfortable levels. The mind is the one to give in first. I stayed up past 6 AM. One lesson stuck with me. Most people read a book like this for the story, and I did too, but I also went into it with a strong personal development curiosity: It comes down to whether you think of the circumstances or the process. We all perceive and react to circumstances in life. Another way of saying this is that circumstantial thinkers are drawn to problems more than solutions. The great news, however, is that anyone who currently lives life this way can change. **Winners Focus On The Process** If you want to have more success in any area of your life, focus on the process. Everything has a process: Not only do they outnumber you, but they have the high ground and are flanking you on both sides. You battle as best you can, but all your comrades are killed around you. Imagine if you were a badly-injured Marcus and you thought about what the next few days would be like. But Marcus survived because he focused on the process of survival. He prioritized his needs and gave himself missions. He was severely dehydrated. This focus on the process of finding water required him to think about the landscape, and where water would most likely be. **How The Process Can Overcome Poor Circumstances** The message is that when you focus on a process and commit to see it through, it can take you through lousy circumstances better than anything else. I feel exhausted; one more day of rest might be a good idea. I might stay in bed for a few more minutes. It almost always is. Join **Deep Existence** below to read the rest.

Chapter 6 : Focus: A Brief Guide on How to Improve Focus and Concentration

Ordinary People Focus on the Outcome. Extraordinary People Focus On the Process. In his autobiography, Bryan Cranston (Walter White of the renowned Breaking Bad) described the lesson he learned that helped him go from an average actor to an extraordinary one.

Prevailing wisdom claims that the best way to achieve what we want in life—getting into better shape, building a successful business, relaxing more and worrying less, spending more time with friends and family—is to set specific, actionable goals. For many years, this was how I approached my habits too. Each one was a goal to be reached. I set goals for the grades I wanted to get in school, for the weights I wanted to lift in the gym, for the profits I wanted to earn in business. I succeeded at a few, but I failed at a lot of them. Eventually, I began to realize that my results had very little to do with the goals I set and nearly everything to do with the systems I followed. Your system is the way you recruit players, manage your assistant coaches, and conduct practice. Your system is how you test product ideas, hire employees, and run marketing campaigns. Your system is how often you practice, how you break down and tackle difficult measures, and your method for receiving feedback from your instructor. Now for the interesting question: For example, if you were a basketball coach and you ignored your goal to win a championship and focused only on what your team does at practice each day, would you still get results? I think you would. The goal in any sport is to finish with the best score, but it would be ridiculous to spend the whole game staring at the scoreboard. The only way to actually win is to get better each day. If you want better results, then forget about setting goals. Focus on your system instead. What do I mean by this? Are goals completely useless? Goals are good for setting a direction, but systems are best for making progress. A handful of problems arise when you spend too much time thinking about your goals and not enough time designing your systems. Winners and losers have the same goals. Goal setting suffers from a serious case of survivorship bias. Every Olympian wants to win a gold medal. Every candidate wants to get the job. And if successful and unsuccessful people share the same goals, then the goal cannot be what differentiates the winners from the losers. Presumably, they had wanted to win the race every year before—just like every other professional team. The goal had always been there. It was only when they implemented a system of continuous small improvements that they achieved a different outcome. Achieving a goal is only a momentary change. Imagine you have a messy room and you set a goal to clean it. If you summon the energy to tidy up, then you will have a clean room—for now. You treated a symptom without addressing the cause. Achieving a goal only changes your life for the moment. We think we need to change our results, but the results are not the problem. What we really need to change are the systems that cause those results. When you solve problems at the results level, you only solve them temporarily. In order to improve for good, you need to solve problems at the systems level. Fix the inputs and the outputs will fix themselves. Goals restrict your happiness. The implicit assumption behind any goal is this: For years, happiness was always something for my future self to enjoy. I promised myself that once I gained twenty pounds of muscle or after my business was featured in the New York Times, then I could finally relax. You mentally box yourself into a narrow version of happiness. It is unlikely that your actual path through life will match the exact journey you had in mind when you set out. It makes no sense to restrict your satisfaction to one scenario when there are many paths to success. A systems-first mentality provides the antidote. You can be satisfied anytime your system is running. And a system can be successful in many different forms, not just the one you first envision. Goals are at odds with long-term progress. Many runners work hard for months, but as soon as they cross the finish line, they stop training. The race is no longer there to motivate them. When all of your hard work is focused on a particular goal, what is left to push you forward after you achieve it? This is why many people find themselves reverting to their old habits after accomplishing a goal. The purpose of setting goals is to win the game. The purpose of building systems is to continue playing the game. True long-term thinking is goal-less thinking. It is about the cycle of endless refinement and continuous improvement. Ultimately, it is your commitment to the process that will determine your progress. Goals can provide direction and even push you forward in the short-term, but eventually a well-designed system will

always win. Having a system is what matters. Committing to the process is what makes the difference.

Chapter 7 : The Next Play: How to Focus on The Process

*In William Zinsser's book *On Writing Well*, he says that many writers suffer from "the tyranny of the final product." They are so concerned with selling their article or book, they neglect learning the process of how to think, plan, and organize.*

Amateurs focus on goals—professionals care about process. The list is exhausting. Leaving Turkey and getting into a great college in the United States. Going to law school. Passing the bar exam. Finding a federal clerkship. Getting a job at a good law firm. Finding a tenure-track academic position in a livable city. For many of these goals, I fell in love with the result, but not the path. I was like a marathon runner who disliked running but craved the high of the finish line. Year after year, we study for a grade or the approval of our teacher. Their futures depend in part on the number of gold stars they collect in law school. What does it mean to focus on the process? In the s, Christopher Nolan—the director of *Inception*, *Interstellar*, and most recently, *Dunkirk*—was a struggling director with only a massive stack of rejection letters to show for his name. To only engage in telling a story for the process of telling the story, not for the gold star at the end. You have to cross into this world of just pleasing yourself, just doing something because you want to do it. Focusing on outcomes can make you miserable. A temporary bump of dopamine might follow, but the high lasts for the briefest of moments. Behavioral research shows that human beings have a tendency to return to their pre-success level of happiness through a process called hedonic adaptation. That dream job, that coveted title, that lavish apartment quickly become the new normal. Much like a drug addict, we then up the ante and increase the required dosage. We quickly give ourselves a pat on the back and begin looking for a higher mountain to conquer. I love writing, but it stops being fun when I mechanically view it as a means to more pageviews, higher conversion rates, or increased social media shares. When we switch to a process-focused mindset, we condition ourselves to derive intrinsic value out of the activity. The process becomes its own reward. We get into a state of flow and lose sense of time as the hypnotic power of process draws us in. The Hindu scripture *Bhagavad Gita* says that we have a right to our labor, but not the fruits of our labor. Focusing on outcomes is counterproductive. An outcome-focused approach counterintuitively makes it more difficult for you to achieve your goal. When Teddy Roosevelt was the police commissioner of New York, two journalists asked him if he was going to run for President some day. Roosevelt, who was not known for his ability to contain his emotions, blew up: It almost always kills him politically. Watch the ball as long as you can, Sharapova cautions, and zero in on the process. The outcome will eventually follow. We set weight goals, exercise goals, revenue goals, career goals, but we fail to reach them because our underlying habits remain stagnant. When we focus on the outcome, we neglect the process. An outcome-focused mind is an impatient mind. A focus on outcomes inspires grandiose fantasies. We become mesmerized by the thought of achieving fame, getting a coveted job, or finding the perfect partner. This is a recipe for failure. A process-focused mind is the mark of anyone who has achieved anything extraordinary. The amateur focuses on outcomes and expects immediate results. The professional plays the long game and prioritizes the process, perfecting it for years with no immediate payoff. Instead of setting goals and focusing on them, ask: Then obsessively focus on the process and forget about the goal. The results will surprise you.

Chapter 8 : Mindset Kit | Praising the process: See it in action, Praise the Process, Not the Person

Focus on the Process, Not the Event The second thing you can do to maintain long-term focus is to concentrate on processes, not events. All too often, we see success as an event that can be achieved and completed.

March 27, Filed Under: On March 4, , the Duke Blue Devils had just come off two of the worst weeks of basketball that they had played all year, with back-to-back conference losses against Florida State and North Carolina. They were very distracted and coach Mike Krzyzewski and his staff needed to find an impactful way to emphasize their collective need to move on. The Next Play In basketball and life, Mike Krzyzewski has always maintained the philosophy of next play. To be fully engaged, then, is to concern yourself with the next play, as Krzyzewski writes: If we work together to focus on this next play, we will all feel good that we have addressed the problem and not merely bemoaned what we should or could have done in the past. And work together, is exactly what Krzyzewski and his players did. The Plan The first part of their plan to bounce back was to change venues, to get out of the locker room and the gym, and meet somewhere comfortable, intimate, and, more importantly, different. They scheduled their team meal and meeting in one of the banquet rooms at the nearby Washington Duke Inn and after their meal, they conducted a thorough analysis of the tape of their last game against North Carolina. They got out a chalkboard and created two columns: The motivation behind this was that they needed to get a really good look at who they were as a team at that particular time. He told his team that they were going to fill the boxes with everything that had come before that moment in time. At the beginning of the season, their team had won the NIT championship. So in that box they put the trophy from that tournament, all tournament team and MVP plaques of their individual players, and the tapes of the games. Coach K then asked each member of the team to write down on a piece of paper anything that they wanted to include: Krzyzewski addressed his players: Okay, when we close these boxes, we are We have had a great season to this point and have many things to be proud of. But that is not for right now. At the end of our season, we will open these boxes, return your envelopes to each of you, and collectively remember and recognise all that we have done together. What Is Your Next Play? The next play is your next meal. The next play is your next book. Find the right problem and solve it like Jeff Weiner did. This was a ground-breaking accomplishment, especially considering, at the time, only five teams in the past twenty years had won both the regular season championship and the ACC Tournament championship. The past does not equal the future. Your details create success. Sources [1] Krzyzewski, M. Did you enjoy this article? Please pass it onto others by clicking a social share button below. Join my monthly newsletter and get the best research-based strategies to level up your life and business today. Get practical, science-based ideas for living a good life delivered straight to your inbox every Monday. You can unsubscribe anytime.

Chapter 9 : Teaching Poetry? Focus on the Process - The Secondary English Coffee Shop

We focus on the revenue goal over the numbers over actions we have to take to move the needle on those numbers. What Ryan is referring to as the process is entirely within our control.

They read a challenging poem and hope that something or someone will appear before them to unlock the secret. Here are five strategies I use to remove the fear and mystery associated with poetry: One of the best ways to help kids understand poetry is to get them to experiment with writing some first. When students play around with their own words, they will be more likely to recognize when and how another poet is doing the same. Before I start any poetry unit, I make sure my students are very familiar with the ways that language can create meaning. Then I give them free reign to express themselves through poetry. We have many conversations about using words to create meaning, and students explain their craft and purpose to each other. These conversations will help them later, when they do poetry analysis, because they can connect the techniques they used in their writing to the ones that they will explore in our poetry unit. My poetry unit will be dead on arrival. Instead, I prefer to create some interest and buzz with poems that teens can relate to, as well as ones they can "get" pretty easily. Then, we spend a class or two exploring some other high interest poems before we get too deep into analysis. You can grab it here. One of the best ways to get your kids on board with analysis is to show them how you do it. Give your students a peek into your brain by projecting a poem on the screen, or enlarging one and putting it on a piece of chart paper. Read the poem with students and then speak your process out loud. Start with your first impression of the poem. Annotate as you speak. Write ideas in the margins, including unanswered questions. Then, ask the kids what they think. Ask the kids to find a poem for you to analyze. I give my students several opportunities to collaborate when they are learning to analyze poetry, so they can help each through the process. One of my favourite activities lets them work in groups to focus on only one element of a challenging poem; after, they get to see how each element works together. You will need to choose a poem that has multiple elements that you want students to look at diction, imagery, sound and rhythm, figurative language, etc. Groups will hang all of their posters on a wall of the classroom. Finally, the class will have a big discussion about the effect that each element has on the poem -- and how they all work together to create meaning. This exercise works really well because students get a chance to see how each part works to create the whole. Eventually my students need to do a poetry analysis on their own. We use learning stations , and at each stop, the student is reminded of the elements they should consider in their poem, like structure, sound and figurative language. Also, my friends here at the Secondary English Coffee Shop have some amazing resources for poetry too.