

Chapter 1 : Table of contents for Library of Congress control number

In order to reach our goals, we must become better. Related: 10 Tips for Setting Your Greatest Goals Life is designed in such a way that we look long-term and live short-term.

Bookmark I went into the summer with big plans, mainly to meditate and exercise a lot more. Then I went on vacation, and then the kids were home, and then I had a bunch of work travel—you know how it is. Intentions are never enough. Enter behavioral psychologist Sean Young. His awesome book, *Stick with It*, summarizes all the science around how to change your behavior. And setting goals is, at its core, about behavior change.

Advertisement X A three-course professional certificate series that teaches you the what, why, and how of increasing happiness at work. While here I use my desire to exercise more as a model, this can obviously be applied to many things—and to working with kids to set their own goals for the school year. First, state the big goal. What would you like to accomplish in the next three months or so? Realistic is better than sexy. Small successes show us that we really can change our behavior in a lasting way. Next, break this larger idea down into long-term goals. Long-term goals take up to three months to accomplish. Break it down again, into short-term goals, which take one to three weeks to accomplish. I have three short-term goals: Now, break your goals down into very specific, ridiculously easy baby steps. What can you do today? My first step was to call my friend Aaron, a trainer, who put together the exercises for me. Today, a baby step is to learn the warm-up stretches he gave me. Try to break your baby steps down until they are so easy you feel little or no resistance to them.

Goal Visualization Try It Now 5. Set up your environment to make things easier. Our environment dramatically influences our behavior. This usually means removing temptations—if your goal is to stop checking your phone while you drive, keep the phone in the trunk. And making sure that what we need is easy and convenient—if your goal is to eat more kale, keep a lot of kale in the fridge, and a list of restaurants that serve it. I made exercising even easier for me by moving my yoga mat and other equipment into my office. Involve other people, even if you are an introvert. We humans can often get ourselves to do something we might otherwise resist if it makes us feel more a part of a tribe or a clan—if it deepens or increases our social connections in some way. What are your goals? Need help setting your goals and reaching them? Identify why your goal is important to you. We do better when we let go of our logical reasons for why we want to do something. It turns out that emotions are far more motivating than achievement goals in the long run. So shoot instead for a feeling-state that you want more of for example, maybe you want more happiness, confidence, or calm. I want to establish this exercise routine because I know it will increase my energy. Feeling awake and energetic is very important to me. Make it a part of your identity. I am a person who exercises. Collect evidence that you are the type of person who does whatever it is that you are trying to do. Make the behavior more enticing. We human beings pursue rewards: When our brains identify a potential reward, they release dopamine, a feel-good chemical messenger. Dopamine motivates us toward the reward, creating a real sense of craving, wanting, or desire for the carrot that is being dangled in front of us. This is why I listen to audiobooks while I exercise; when I look forward to listening, I make exercise more enticing. Make the behavior more habitual. Can you make your behaviors related to accomplishing your goal habitual in any way? Leave them in the comments below. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

Chapter 2 : Action for Happiness

Goal setting activities #3: Develop goal setting plans for each area of your life In the above goal setting activities you have provided an ideal vision of the different areas of your life, spanning career.

As enticing as that sounds, it is more common than not those goals are abandoned. To be successful, check your goals against my ten steps to help ensure you accomplish them. The first step to goal setting is to have absolute belief and faith in the process. If you are in doubt, look around you. Everything you can see began as a thought. Make your thoughts turn into reality. Visualize what you want. Think of what you deeply desire in your life or where you want your company to be a year from now. What changes have to take place? What do you need to know or learn? What spiritual, emotional, personal, financial, social or physical properties need to be addressed? The clearer you are with each of these dimensions will bring your vision into sharp focus. The clearer you are, the easier it will be to focus on making it happen. Writing down your goals is key to success. By writing down your goals, you become a creator. Have them written down where you can see them every day. Knowing why you want to achieve your goals is powerful. Knowing why you want something furnishes powerful motivation to see it through to the finish. By focusing on your goals, you manifest. Having your goals written down somewhere where you will see them each day is a good idea. Your mind will notice that there is a discrepancy between where you are now and where you want to be which will create pressure to change. If you lose focus you can always bring it back. Without a regular practice of focusing on your goals you may be distracted by something. Being really clear about what you want, knowing your purpose, writing your goals down, committing to them, and staying focused gives you the power of clarity to write down a list of action steps. You may not know all the steps ahead of time but you will know the next steps that take you in that direction. Having goals without a plan of action is like trying to complete a complex project without a project plan. No Time Like the Present. To show how committed you are to your goals, think of something you can do right now that will get you moving toward fulfilling your goals. You will be surprised how this simple step reinforces all the previous steps and gets you motivated and moving toward what you desire. If you are not motivated to do something right now, how are you going to get motivated tomorrow? To push through when things get tough, you have to hold yourself accountable unless you bring in outside help like a coach who provides it for you. It makes sense to have someone beside yourself who can provide valuable feedback at critical junctures, like a friend or a mentor. Telling your friends and family about your goals may give you the accountability you need. Make it part of your day to review your goals and take action. This keeps your goals alive and top of mind. It will also help you be aware if one goal feels stuck and you are over compensating on another goal. By following these steps and practicing your goals each day, you have all the elements you need to succeed and achieve your goals. Some days will be easier than others but if you keep focused on your goals you will be amazed at the progress you will make. Remember, almost everything begins as a thought. You can be what you imagine if you follow these simple steps.

Chapter 3 : How to Set Goals: 12 Steps (with Pictures) - wikiHow

If your manager genuinely understands the power of goal alignment and setting and achieving goals, you have a great opportunity to use the conversation as a starting point for career growth. Here are 10 things to keep in mind before setting goals at work and filling out that goal sheet.

Set Specific Goals Your goal must be clear and well defined. Remember, you need goals to show you the way. Make it as easy as you can to get where you want to go by defining precisely where you want to end up. **Set Measurable Goals** Include precise amounts, dates, and so on in your goals so you can measure your degree of success. If your goal is simply defined as "To reduce expenses" how will you know when you have been successful? Without a way to measure your success you miss out on the celebration that comes with knowing you have actually achieved something. If you set a goal that you have no hope of achieving, you will only demoralize yourself and erode your confidence. **Finding This Article Useful?** Get the Free Newsletter Learn essential career skills every week, and get your bonus **Time Management: Read our Privacy Policy** However, resist the urge to set goals that are too easy. By setting realistic yet challenging goals, you hit the balance you need. These are the types of goals that require you to "raise the bar" and they bring the greatest personal satisfaction. **Set Relevant Goals** Goals should be relevant to the direction you want your life and career to take. **Set Time-Bound Goals** Your goals must have a deadline. Again, this means that you know when you can celebrate success. When you are working on a deadline, your sense of urgency increases and achievement will come that much quicker. **Set Goals in Writing** The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might. Frame your goal statement positively. If you want to improve your retention rates say, "I will hold on to all existing employees for the next quarter" rather than "I will reduce employee turnover. If you use an Action Program , then your goals should be at the top of your Project Catalog. Post your goals in visible places to remind yourself every day of what it is you intend to do. Put them on your walls, desk, computer monitor, bathroom mirror or refrigerator as a constant reminder. **Make an Action Plan** This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. This is especially important if your goal is big and demanding, or long-term. Read our article on Action Plans for more on how to do this. Remember, goal setting is an ongoing activity, not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high. **Key Points** Goal setting is much more than simply saying you want something to happen. Unless you clearly define exactly what you want and understand why you want it the first place, your odds of success are considerably reduced. By following the Five Golden Rules of Goal Setting you can set goals with confidence and enjoy the satisfaction that comes along with knowing you achieved what you set out to do. So, what will you decide to accomplish today? Subscribe to our free newsletter , or join the Mind Tools Club and really supercharge your career!

Chapter 4 : Five Goal Setting Activities

Setting goals puts you in the driver's seat, giving you the power to transform your life or take a company into the future. As enticing as that sounds, it is more common than not those goals are.

Well, one reason is that it is so damn boring. Our goals should inspire us, but how can we come with those goals when the goal setting process itself so boring that it can put us to sleep? After you get over the initial shock, you realize that your life is about to change forever. Are you still sitting down? You should be jumping up and down with excitement by now. So how will you change your life from today? Or maybe you never play the lottery – yes, that could be a problem. Well, do you want to have superpowers instead? What if you were Superman or Supergirl. You could do just about anything you wanted and nobody would be able to stop you. So there are no bad guys around to keep you busy right now. What would you do if no one knew you had superpowers, but there was nothing to stop you from doing anything you wanted. Write down those goals Clark! How did we get to your retirement party so fast? You probably already have a good idea of those things based on where your life is headed right now or things you know you want to do deep down someday. So take each regret and rewrite it as a positive i. You are not afraid to try new things anymore or fearful of failing at something new. You are not afraid to tell people how you feel. You have the courage to take risks and live the life that you have always wanted to. So what are you doing to do for the next 6 months? What do you want to learn? Where do you want to go? What do you want to do? Who do you want to meet or spend time with? Grab those scissors and get busy cutting The last 4 goal setting activities have all been different types of visualization techniques. We have the perfect goal setting activity for you – grab some scrapbook paper, old magazines, scissors and some glue. Are you excited to start collecting pictures the way people used to before Pinterest was around? Do you want to live in that house? No problem, cut it out. Do you want to marry someone who looks like that? No, problem, cut them out. Do you want to travel to an island like that? You get the idea right? Now stick those pictures on a large piece of scrapbook paper and voila, you have your vision board! Spend a few minutes imaging how your life would be if that vision was a reality. Does it make you feel excited? If not, then rip out some pictures and find some better ones. Painful or Fun Goal Setting Activities? This is your life. Well done for making it this far. And dare I say it, did you maybe even have some fun along the way? Please pick at least one of these fun goal setting activities and start to discover what you really want in your life.

Chapter 5 : The Complete Guide to Goal-Setting

Setting goals is, at its core, about behavior change. I make exercise more enticing. Make the behavior more habitual. And if you'd like help setting your goals and reaching them.

Community citizenship and any others that you can think of. Goal setting activities 3: Develop goal setting plans for each area of your life In the above goal setting activities you have provided an ideal vision of the different areas of your life, spanning career, social and personal life. It is helpful when you are trying to create a vision of the type of person that you want to be to consider your life from these different aspects. The following goal setting activity makes these personal visions of you more concrete. Do you want to spend more quality time with your family? What sort of parent or partner do you want to be? From this page you can download a family goal setting plan. Do you want to learn something new or become an expert in a particular area? What new skills do you want to acquire? Do you want to lose weight or become fitter? Perhaps you want to improve your game or remain motivated to keep training. Do you want to remain healthy as you get older? What steps do you need to take? From this page you can download a fitness goal setting plan. What sort of money do you want to earn? Do you want to achieve financial freedom? If so, then how? From this page you can download a financial goal setting plan. Do you want to maintain a positive mindset? Are there behaviors that you want to improve? Do you want to have more pleasure and happiness in your life? Where do you want to be in your career? What type of job do you want to work in? What skills do you want to learn for your job? From this page you can download a career goal setting plan. SMART goals are a proven method of maximizing goal setting success. Pick one of your goals. Whether you choose a career goal, a fitness goal or a personal goal, try to identify how you can make your goal SMART. Prioritize your goals Enthusiasm for goal setting is great - but sometimes enthusiasm needs to be focused into what is important for you. A by-product of enthusiasm can mean that you set too many goals. This can spread you too thin and result in not achieving any of your important goals! Perhaps you want to spend more time with your family achieve greater fitness, or get that dream job. While these are great things to aim for, too many goals can be a distraction and take your focus away from the main prize! This goal setting activity can help you to prioritize your goals according to what is important to you. These goal setting tips can help you to avoid making some of the more common errors in goal setting. If you found these goal setting activities interesting then you may also like these goal setting strategies. Do you have a great goal setting activity? Your story will appear on a Web page exactly the way you enter it here. You can wrap a word in square brackets to make it appear bold. For example [my story] would show as my story on the Web page containing your story. Since most people scan Web pages, include your best thoughts in your first paragraph. Upload Pictures or Graphics optional [? Click the button and find the first one on your computer. Select it and click on the button to choose it. Then click on the link if you want to upload up to 3 more images.

Chapter 6 : How to Get Better at Achieving Your Goals | GGM

Goal competition says that one of the greatest barriers to achieving your goals is the other goals you have. In other words, your goals are competing with one another for your time and attention. Whenever you chase a new goal, you have to pull focus and energy from your other pursuits.

Having goals for things we want to do and working towards them is an important part of being human. The path towards our goals may not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life good. It gives us a sense of meaning and purpose, points us in the direction we want to go and gets us interested and engaged, all of which are good for our overall happiness. Over years ago, Aristotle said "Well begun is half done. Paying attention to how we set our goals makes us more like to achieve them and achieving them makes us feel good about ourselves and our lives. Where to start Decide. Think of something you want to do or work towards. It should be something you want to do for its own sake not for something or someone else. It can be a big thing or a small thing - sometimes it is easier to get going with something small. Writing down our goals increases our chances of sticking with them. How does it connect to who or what you value in your life? Describe your goal in specific terms and timescales e. Telling someone we know about our goals also seems to increase the likelihood that we will stick at them. Break your goal down. This is especially important for big goals. Think about the smaller goals that are steps on the way to achieving your bigger aim. Breaking these down helps us be more specific. Write down your smaller goals and try to set some dates to do these by too. Plan your first step. An ancient Chinese proverb says that the journey of miles starts with one step. Then think of your next step and the next. Keep going. Working towards our goals can sometimes be difficult and frustrating - so we need to persevere. They may help you see a different way. Then have another think about a small next step. Celebrate. When you reach your goal take time to enjoy it and thank those that helped you. Think about what you enjoyed and learned along the way. Now, what is your next goal or project going to be? Oxford Handbook of Positive Psychology. The How of Happiness. Penguin Books [3] Miller,. Creating Your Best Life Yet: The Ultimate List Guide. Sterling [4] Rasmussen, H,N. Self-regulation processes and health: The importance of optimism and goal adjustment. Journal of Personality, 74, Resources.

Chapter 7 : Five Golden Rules for Successful Goal Setting - from blog.quintoapp.com

Goal-setting is one of the fastest routes to achievement. Yet many of us find setting goals and achieving them a difficult task. This goal-setting guide is designed to clear up your confusion about goal setting and teach you how to set goals and achieve them.

R – Relevant or Rewarding. T – Time-bound or Trackable. Further Tips for Setting Your Goals The following broad guidelines will help you to set effective, achievable goals: Set priorities – When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals, and helps to direct your attention to the most important ones. Write goals down – This crystallizes them and gives them more force. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward. Set performance goals, not outcome goals – You should take care to set goals over which you have as much control as possible. It can be quite dispiriting to fail to achieve a personal goal for reasons beyond your control! In business, these reasons could be bad business environments or unexpected effects of government policy. In sport, they could include poor judging, bad weather, injury, or just plain bad luck. If you base your goals on personal performance, then you can keep control over the achievement of your goals, and draw satisfaction from them. 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. If the goal was a significant one, reward yourself appropriately. All of this helps you build the self-confidence you deserve. With the experience of having achieved this goal, review the rest of your goal plans: If you achieved the goal too easily, make your next goal harder. If the goal took a dispiriting length of time to achieve, make the next goal a little easier. If you learned something that would lead you to change other goals, do so. If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this. Our article, [Golden Rules of Goal Setting](#), will show you how to set yourself up for success when it comes to your goals. Feed lessons you have learned back into the process of setting your next goals. Remember too that your goals will change as time goes on. Adjust them regularly to reflect growth in your knowledge and experience, and if goals do not hold any attraction any longer, consider letting them go. Her lifetime goals are as follows: Career – "To be managing editor of the magazine that I work for. Ultimately I want to have my own show in our downtown gallery. Supported by worksheets and advice, this guides you through a simple 5-step process for setting SMART goals, and for organizing yourself for success. Key Points Goal setting is an important method for: Deciding what you want to achieve in your life. Building your self-confidence, based on successful achievement of goals. Set your lifetime goals first. Then, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan. Keep the process going by regularly reviewing and updating your goals. And remember to take time to enjoy the satisfaction of achieving your goals when you do so. Subscribe to our free newsletter, or join the Mind Tools Club and really supercharge your career!

Chapter 8 : 10 Simple Strategies for Sticking to Your Goals

Once you have set your lifetime goals, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan. Then create a one-year plan, six-month plan, and a one-month plan of progressively smaller goals that you should reach to achieve your lifetime goals.

How a Life Coach Can Help Whether you want to climb the corporate ladder, run a marathon for the first time, or simply become a better person, goal setting is a vital part of any effort to improve. Being able to formulate, set, and make progress toward goals is a skill that will help you achieve your dreams. Only by setting and meeting realistic goals can you become the happy, successful person you were meant to be. Instead of failing to live out your dreams, exceed your own expectations with the tools provided in this guide. Where Are You Now? Dreams Are Universal When reading the introduction above, you might have been taken aback by the mention of dreams. Perhaps you think that you no longer have any. The truth, however, is that we all have dreams. Dreams have a habit of sticking with people, even if they think they discarded them long ago. While some people are very fortunate and have been surrounded by people who believe in their dreams, many others have family and friends who see their dreams in a negative way. They are constantly discouraged and told that their dreams are not realistic, or will never happen. This is a destructive mindset which you need to reject. You owe it to yourself to block out such negative voices. Evaluating and Reflecting Where are you right now in your life? What are your true dreams? Are you making steady progress toward them? What steps need to be taken in order to fulfill your dreams? If you are like most people, you may not know where to start in doing this evaluation and reflection. It can certainly seem daunting, especially if you have a typically busy, stressful modern life. Consulting and working with a life coach might be very helpful to you in the evaluation and reflection process. Alternatively, there are many techniques that you can do on your own. A mixture of meditation, brainstorming, and journal writing is very helpful for many people. Doing so is an invaluable step toward helping you maximize your happiness and fulfillment. In fact, going against the basic values and virtues you believe in can be a significant source of stress and unhappiness. During this time, nothing else should be around you except a pen and a pad of paper. Make sure to think about what really energizes you, makes you feel alive, and provides you with happiness. Record all your dreams in writing. Once you have done that, take some time to prioritize your dreams. Think about which are most important, and which are most feasible. Also consider which you would enjoy doing the most. Write them in the order in which you are actually willing to work to achieve them. Finding out what makes you happy is an instrumental step in an effective goal setting process. How can you discover your sources of happiness? Start with simply asking yourself the question: What truly brings joy to my life? You may think that you already know all the answers to this question, but you probably have not really given it the deep consideration it needs. Take some time to be alone and quietly think about what makes you happy. Everybody will have their own answers to these questions. Nevertheless, theorists have formulated a list of five ingredients of happiness. These ingredients provide a general understanding of the areas which must be satisfied in order for most people to feel happy. Reading this list of ingredients will be useful in the brainstorming process, because it might lead you to think of things you might not have otherwise. Health and energy Having a high level of health and energy is a very important component of happiness. Without health and energy, it is very difficult to feel truly and completely happy, even if you feel fulfilled in all four other categories. Relationships with family and others Love, companionship, and respect are very important components of happiness. Meaningful work Having work that is meaningful to you will be instrumental in helping you achieve your highest level of happiness. Being able to pay to do and have the things you really want is important, too. Inner peace and spiritual understanding Having inner peace and spiritual understanding is crucial to happiness. Inner peace prevents the kind of turmoil that can lead to unhappiness, while spiritual understanding helps to foster inner peace. Goal Categories Goals are the concrete steps that you will accomplish in order to reach your dreams. There are several different categories of goals, including: What are your goals with regard to family and home? What type or size of family do you want, and what kind of home would make you happiest? What career would you find most

enjoyable and meaningful? What are your financial goals in life? What are your goals regarding personal spiritual fulfillment? If you are religious, do you have religious goals? What are your personal ethics? How can you improve your health, as well as your physical and mental well-being? Do you have any athletic goals? Do you feel that you fit in? What cultural and social activities are important to you? What are your educational goals? What do you want to learn? Do you have artistic goals? Are you expressing yourself artistically on a regular basis? Do you feel that your attitude or outlook hold you back from achieving true happiness? What do you want to contribute to your fellow human beings? What goals do you have that relate simply to enjoying life? What Is Goal Setting? Goal-setting is something that gets talked about a lot. In fact, you may have heard the term so often that its real significance has become obscured. From childhood, we are told that goal setting is very important, but few of us are really told what it is and why we should set measurable goals. Goal-setting involves more than just being aware of what you would like to achieve. It requires planning, as well as true and immediate readiness for action. Goal setting also requires dedication, as well as understanding of how reaching one goal can help you accomplish another. Effective goal setting requires you to create a plan of action. This plan must provide you with the motivation and guidance that will be instrumental in helping you achieve your goal. How do goals relate to dreams? Goals are the stepping stones that will allow you to ultimately achieve your dreams. Goal-setting fosters focus, motivation, a strong sense of purpose, and vision, four elements that are essential in goal achievement. Goal-setting gives you the invaluable gifts of long-term vision and short-term motivation. The correct process of goal setting allows you to set goals that are sharply and clearly defined. Well-defined goals will provide you with a sense of achievement. This is because as you reach each of your goals, you will get a feeling of accomplishment. Properly set goals can provide you with more opportunities to acknowledge your success, which is a key factor in future motivation. How to Set Goals Now that you have learned about how goal setting can enrich and improve your life, you are probably eager to begin the goal setting process yourself. Knowing how to make goals is almost as important as setting them. In this section, we will discuss some of the most crucial guidelines to remember as you begin the process. Stepping Stones Goals exist on a number of different levels. If your long-term goal is A, you will need a shorter-term goal B to help you eventually achieve A, an even shorter-term goal C to help you reach B, and so on. The number of layers involved in this will depend to a great extent on how long-term and ambitious your overall goal is. Long-term goals can vary from those that will take a few years to achieve to goals that will take a lifetime to meet. Short-term goals, on the other hand, can be goals that will take under three years to achieve, or even your goals for tomorrow or next week. As you can see, the majority of goals in your life will be shorter-term, stepping stone goals. This should not by any means discourage you! On the contrary, your achievement of stepping stone goals is extremely beneficial. Achieving smaller goals gives you a sense of self-confidence and self-efficacy while motivating you to try harder to achieve other larger goals. Here is an exercise for you to try: Once you have done this, choose the lifetime goal that you consider to be the highest priority.

Chapter 9 : Personal Goal Setting - How to Set SMART Goals - from blog.quintoapp.com

We've sifted through Entrepreneur's archives to help prime you to reach your goals in Read on for some of our best advice, and keep in mind that success is a habit, not an act.

Life gets in the way or we lose that early rush of motivation , and slowly but surely we land back at square one. Whether you want to get more done each day, work out regularly, or shed a few pounds , these small changes will help you hit those major milestones. Visualize yourself achieving it. Big goals can feel overwhelming especially if they require real lifestyle changes. Weigh now against later. In the moment, it can be tempting to skip an early morning workout in favor of sleeping in, or dig into the chips and dip when you ought to eat a healthy meal. Try talking to a friend about what you need to do to accomplish your goals, then set a deadline and report back on your progress. Want to read more? Join a book club. Need to eat better? Create a healthy eating challenge with colleagues at work. No matter what you want to achieve, it can probably be broken down into smaller pieces. Rather than summoning the motivation to work out, just push yourself to get up and put on your workout clothes. Give yourself a day off. The dread of doing something difficult and failing can be enough to prevent us from even starting. Take your brain out of it. Surround yourself with success. The company we keep can have a huge impact on how we feel and how we spend our time. If you want to accomplish something, surround yourself with people who are working toward or have accomplished that same goal. Use their achievements as your motivation, and let the positive vibes sink in. Try journaling or snapping pics to document your successes. Know that you can do it. While self-control can be depleted, researchers have also found that effect can be counteracted by simply believing that you have the self-control to accomplish your goals. Originally posted August