

Постановка целей и методы их достижений

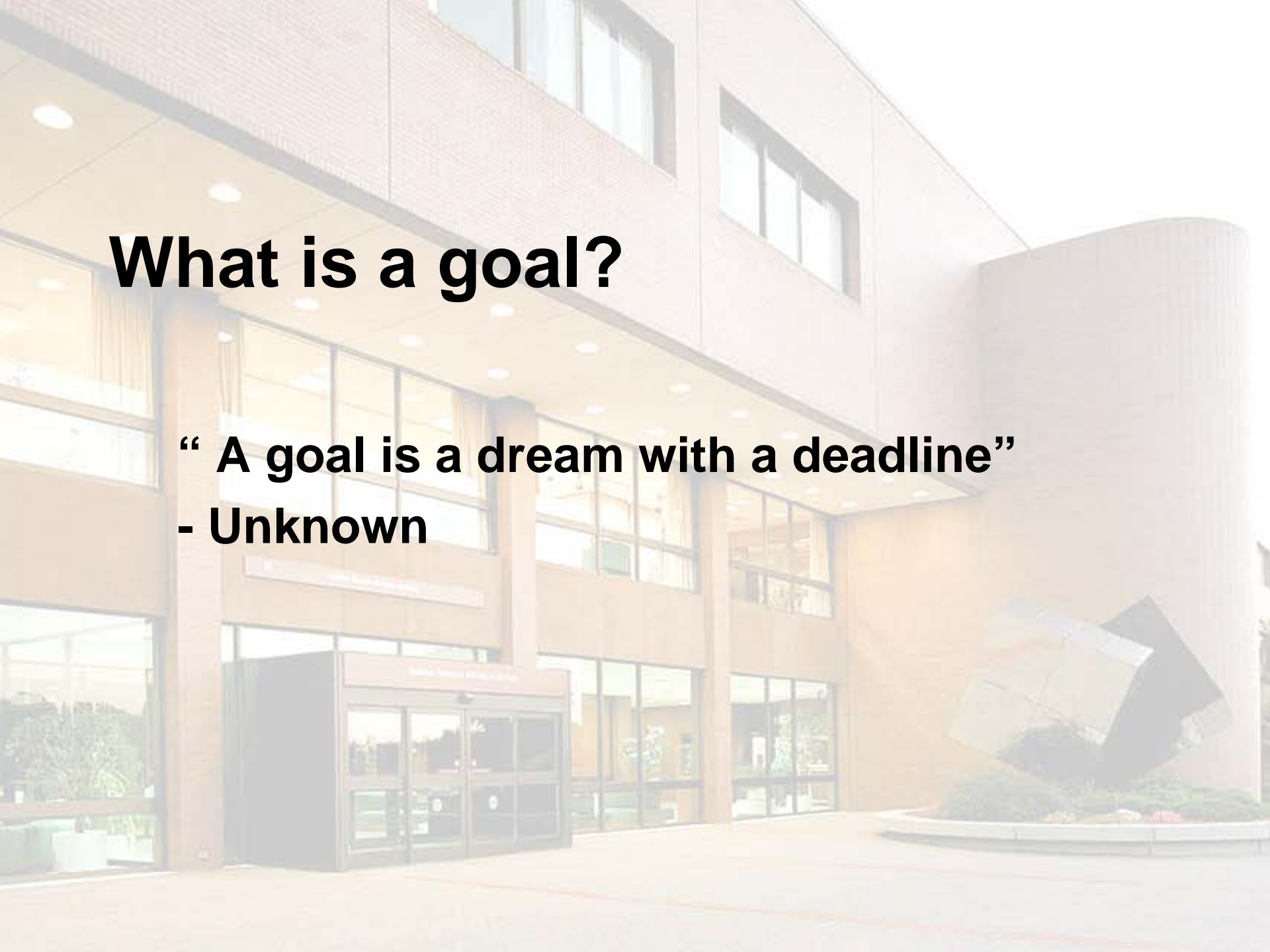
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The background image shows a modern, multi-story building with a curved facade and large glass windows. The building has a warm, reddish-brown brick or stone finish. In the foreground, there is a large, abstract sculpture made of several large, dark, angular blocks. The scene is brightly lit, suggesting a sunny day. The text "How on Earth Did I Get in Here?" is overlaid in the center of the image in a large, bold, black font.

How on Earth Did I Get in Here?

What is a goal?

**“ A goal is a dream with a deadline”
- Unknown**





In the Success Magazine, researchers asked Yale's Class of 1953 three questions related to goals:

- 1) Have you set goals?**
- 2) Have you written them down?**
- 3) Do you have a plan to accomplish them?**



Results from the research

- Only 3% of Yale class had written down their goals
- 13% had goals but had not written them down
- Fully 84% had no specific goals at all, other than to “enjoy themselves”

In 1973, when the same class was resurveyed, here are the results

- The 13% who had goals but had not written them down were earning two times as the 84% graduates who had no goals at all.**
- The 3% who had written down their goals were earning 10 times as much as the other 97% of graduates combined.**



**To achieve your goals in life –
it doesn't matter:**

- 1) How smart you are**
- 2) How much talent you have**
- 3) Where you came from**
- 4) How much you started out with**

**All of above are important but they mean
little if you don't understand one thing.**



What is the one thing you must understand?

- **You can't achieve your goals alone**

“Success in any field is about working with people, not against them”

- Keith Ferrazzi

Activity: How do you figure out your goal?

Step One A: Look Inside

- a) Develop a list of dreams and goals**
- b) Create a list of things that bring you happiness (clues can be found in hobbies, books, achievement, people, and things that move you)**

Activity: Continued

Step One B: Look Outside

a) Ask your class peer who knows you the best

1) strengths vs weaknesses

2) what they admire about you?

Activity: Continued

Step Two: Putting and Expanding Goals to Paper

Column I: What you would like to accomplish one to three years from today?

Column II: How will you accomplish these goals?

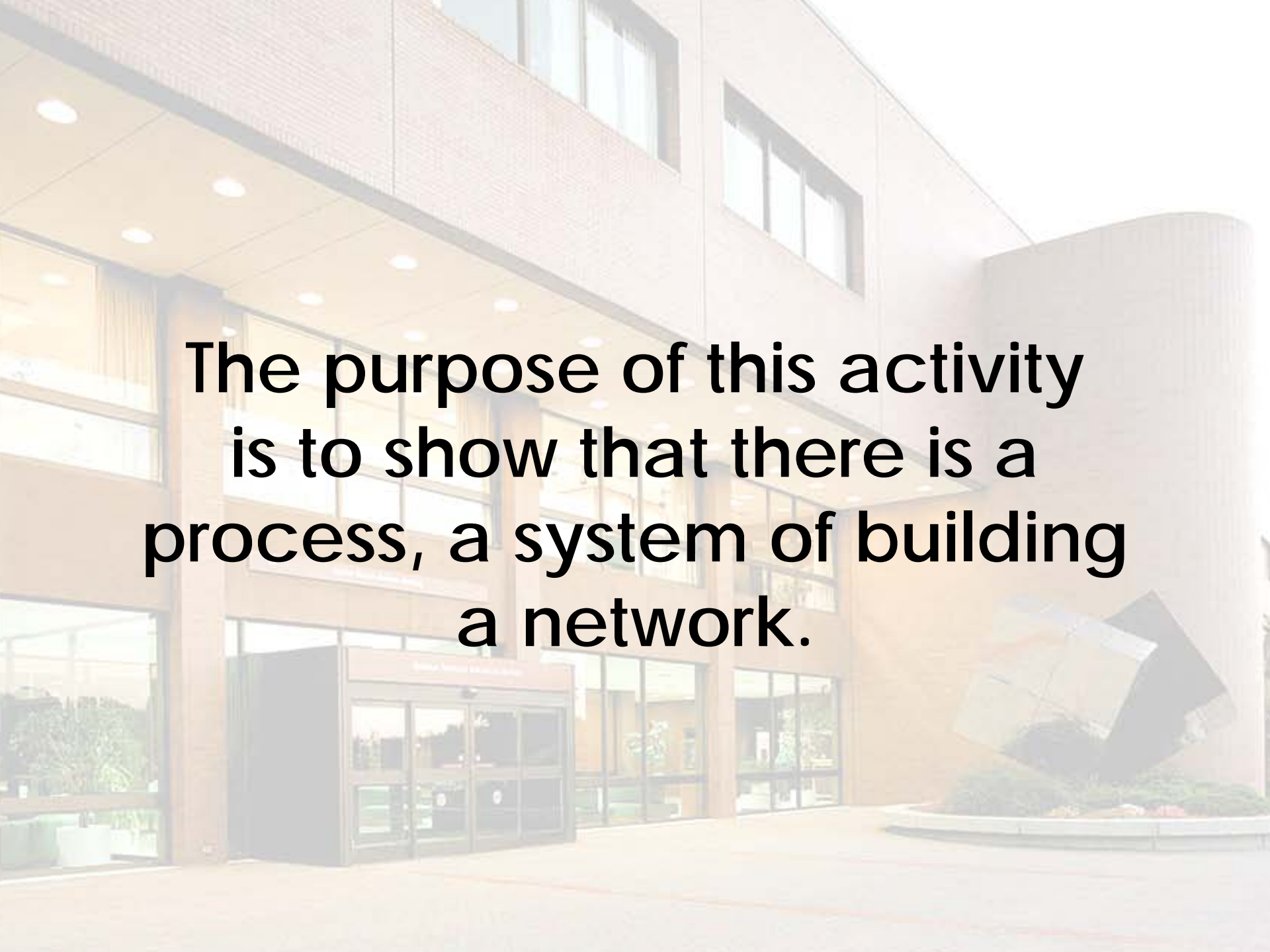
Column III: What is your target date to achieve them?

Column IV: What resources will you use to achieve them?

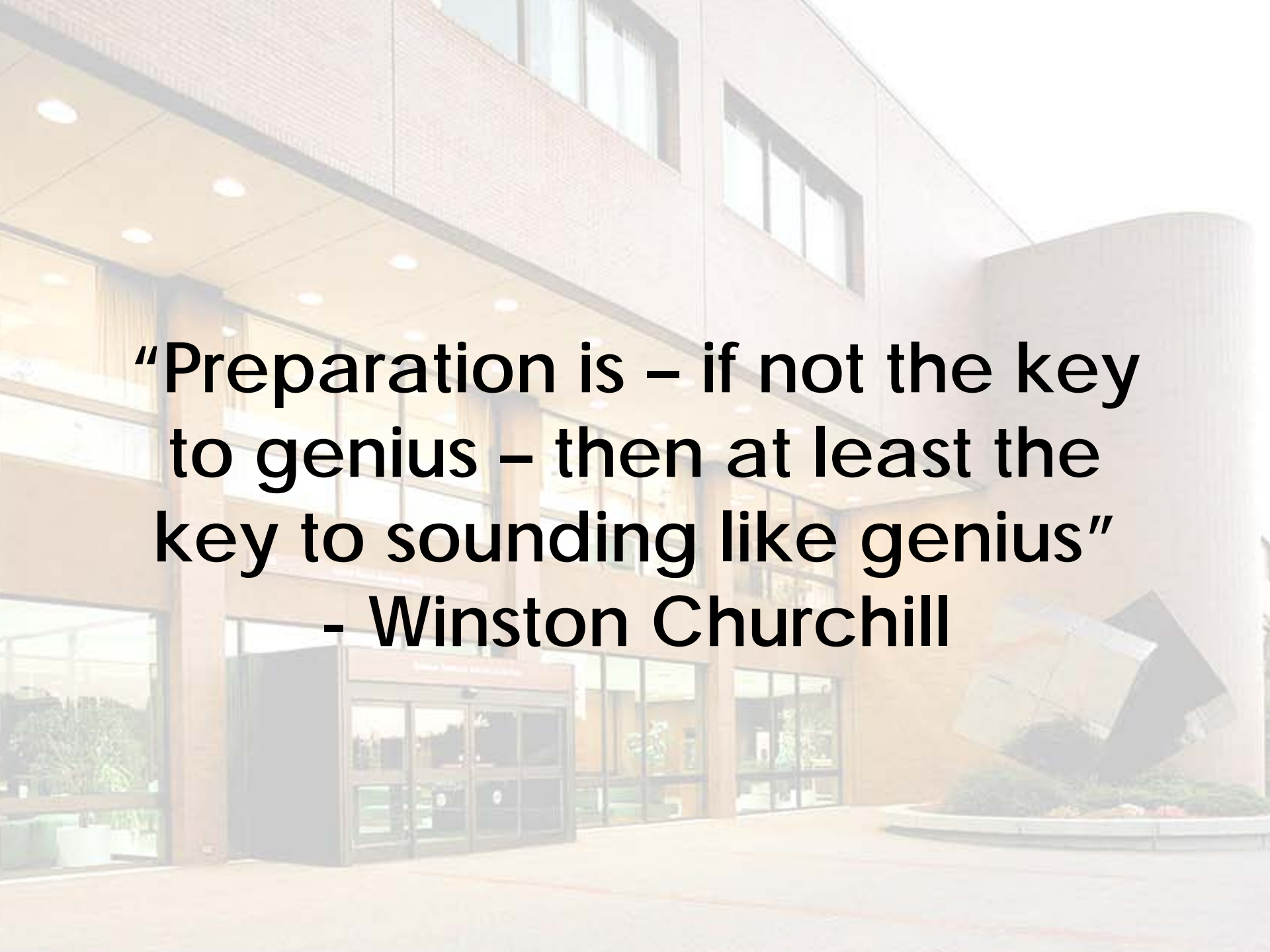
Activity: Continued

Step Three: Create a Personal “Board of Advisors”

They may be made up of family members, professors, and/or former supervisors. It helps to have someone to act as cheerleader and hold you accountable.

The background image shows a modern, multi-story building with a mix of brick and large glass windows. The building has a curved section on the right side. In the foreground, there is a large, abstract sculpture made of several large, light-colored blocks arranged in a geometric, somewhat chaotic fashion. The scene is brightly lit, suggesting daytime.

**The purpose of this activity
is to show that there is a
process, a system of building
a network.**

The background image shows a modern, multi-story building with a mix of brick and large glass windows. The building has a curved section on the right side. In the foreground, there is a paved area and some landscaping. A quote is overlaid on the image in a large, bold, black font.

**“Preparation is – if not the key
to genius – then at least the
key to sounding like genius”
- Winston Churchill**

A modern brick building with large windows and a glass entrance, with a large abstract sculpture in the foreground.

Follow-up is the key to success in any field.

- Most people don't follow up well.
- If you do follow-up, you will stand out from the crowd.
- Make follow-up a habit.

The background image shows a modern, multi-story building with a mix of brick and large glass windows. A prominent curved section is visible on the right side of the frame. In the foreground, there is a paved area and a small landscaped garden with some plants. Overlaid on the left side of the image is a quote in bold black text.

**“The deepest principle in
human nature is the craving
to be appreciated”
- Unknown**

Where Do We Go From Here?

