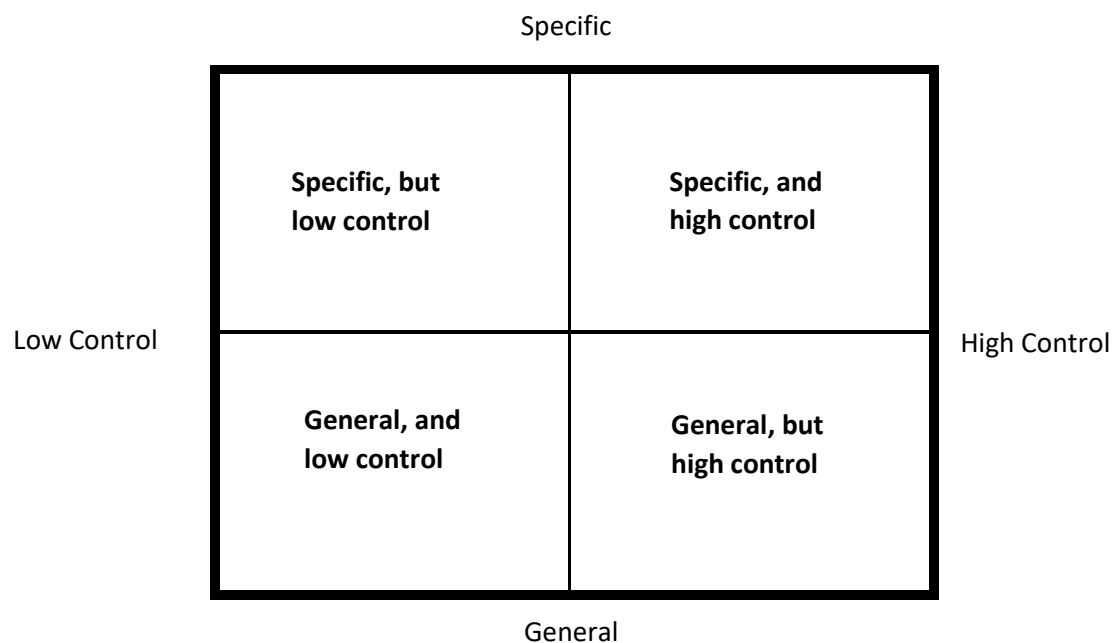## Vision Activity 5: Outcome Control

One classic piece of goal-setting advice is to be **specific** with your goals. The more specific the goal, the better, people often say. And this is true up to a point. But what if your goal is to be a lifestyle influencer with two million subscribers and an annual turnover of £100K? That's specific but it doesn't mean it's more likely to happen. Here's a really ridiculous example: what if your goal is to be principal Clarinetist in the New York Philharmonic? That's so specific there's literally only one slot to fill *in the whole world*.

So being specific isn't everything. We have to also consider the **control** you have over the outcome.

Specific

Specific, but low control	**Specific, and high control**
General, and low control	**General, but high control**

Low Control ← → High Control

General

These four quadrants might look complicated, but just take a moment to consider them again.

- In the top left is the specific goal that we have little control over. ("Become top scorer for Arsenal and retire a multi-millionaire at the age of 35.")
- In the bottom left is a general goal we have no control over. ("Just be super-famous.")
- In the top right, we have a specific goal we can control. ("Aim to beat my personal best in this next Maths test.")
- And finally, in the bottom right, we have a general goal we have control over. ("Just get some decent grades this summer. Whatever.")

Now is a good time to reflect and make some choices.

- What kind of goals do you typically set for yourself?
- Are the types of goals you are setting yourself helpful? Possible?
- Of these four types of goal, are some better than others, in your opinion?
- Do these types of goal serve different purposes? Are some just dreams we use to keep ourselves cheerful when we're down?

If you have high control over the outcome, there's no need to have general goals. You can afford to get specific. So…

If you have a goal in the bottom right ("general but high control"), change it so that it's in the top right ("specific and high control".) **Make your goal more specific**. Have a go now.

But if you have low control over the outcome, general might be better than specific. So…

If you have a goal that's in the top left ("specific but low control") think about how you might move it towards the bottom left ("general but low control.") **Make your goal more general**. Have a go now.