

**PROJECT BASED LEARNING**  
**POSITIVE PSYCHOLOGY**  
**PERSONAL AND PROFESSIONAL GOALS**



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## **Positive Psychology Report**

### **Goal Setting**

A goal is a result we intend to reach mostly through own actions.

It all begins with setting goals and thinking about priorities.

As you think about your own goals, think about more than just being a student. You're also a person with individual needs and desires, hopes and dreams, plans and schemes. Your long-term goals likely include graduation and a career but may also involve social relationships with others, a romantic relationship, family, hobbies or other activities, where and how you live, and so on. While you are a student, you may not be actively pursuing all your goals with the same fervor, but they remain goals and are still important in your life.

Goals also vary in terms of time.

- Short-term goals focus on today and the next few days and perhaps weeks.
- Midterm goals involve plans for this school year and the time you plan to remain in college.
- Long-term goals may begin with graduating college and everything you want to happen thereafter.

Often your long-term goals (e.g., the kind of career you want) guide your midterm goals (getting the right education for that career), and your short term goals (such as doing well on an exam) become steps for reaching those larger goals. Thinking about your goals in this way helps you realize how even the little things you do every day can keep you moving toward your most important long-term goals.

## 1) Financial Independence

Financial independence can be defined as the status of having enough income to pay one's living expenses for the rest of one's life without having to be employed or dependent on others. But in reality, it might mean different things to different people with the common foundation that it's a state where one can afford at least basic needed necessities without being dependent on someone under all weathers of life. It is often seen that a person who is financially secure works more efficiently, grows faster and excels in career and lives happier and stress free because then the motivation to work doesn't come from a place of necessity but by choice. Financial independence can be achieved by following good financial habits and properly planning and investing. The right age to start financial planning is when you give pocket money to your child, when today's world is all about instant gratification, we need to teach them that delaying gratification leads them to enjoy the anticipation of greater reward while working and waiting for it.

### **EXECUTION STRATEGY:-**

- This is important if you want to have a comfortable life and avoid common financial problems. It is undeniable that a steady income can help this process, but even if you don't have one, you can still work towards this goal by investing your time in avenues that will be fruitful in the future. To become financially free, a full-time college student must learn about higher education and be open to what is taught. Learning to do these things will be useful in the future as things get more complicated. Studying and learning from others who are experienced in a particular field is important at this stage. This can help us learn more about the topic and improve our skills. In Indian society, it is often difficult to talk about taxes and money matters, so it is important to be well-educated about these topics in order to make sound decisions in the future. This is a social taboo, and people often feel uncomfortable discussing these topics, but it is imperative that everyone be prepared for the future.
- Meaning in life, representative of the "M" element of PERMA, can be measured by various tests and set of questions of positive psychology and then awarding marks on the basis of meaning and purpose. In practice, if we produce a lower score, then we have to determine how to reallocate our financial resources or reshape their goals to foster more meaning in life (for example, charitable giving strategy or more time away from work to volunteer or be with family, etc.). This evaluation of scores might be enlightening us personally by highlighting which positive psychological attributes are low or missing. This will provide internal reflection and awareness, which is often the first step before change occurs. Equipped with these well-being measurements, can gain an understanding of the positive psychological attributes currently present in our lives. If we will get meaning and purpose in our job then we will do it with more determination and can gain financial freedom easily.



doing or why you're doing it, you're more likely to maintain the effort required. If you want to start a successful business, you need to develop a solid business plan. A good business plan is essential for any company, and is especially important for fledgling businesses. Without a plan, you may find yourself struggling to succeed. I will write a business plan and try to follow it. After that, I will put together a real team and hire the right people for my startup. I will be optimistic while building my startup, and I will try to approach life in a positive way by focusing on the good things in life rather than the negative. By following these tips, I will be able to achieve my goal more quickly and with more enthusiasm.

## **Personal Goals**

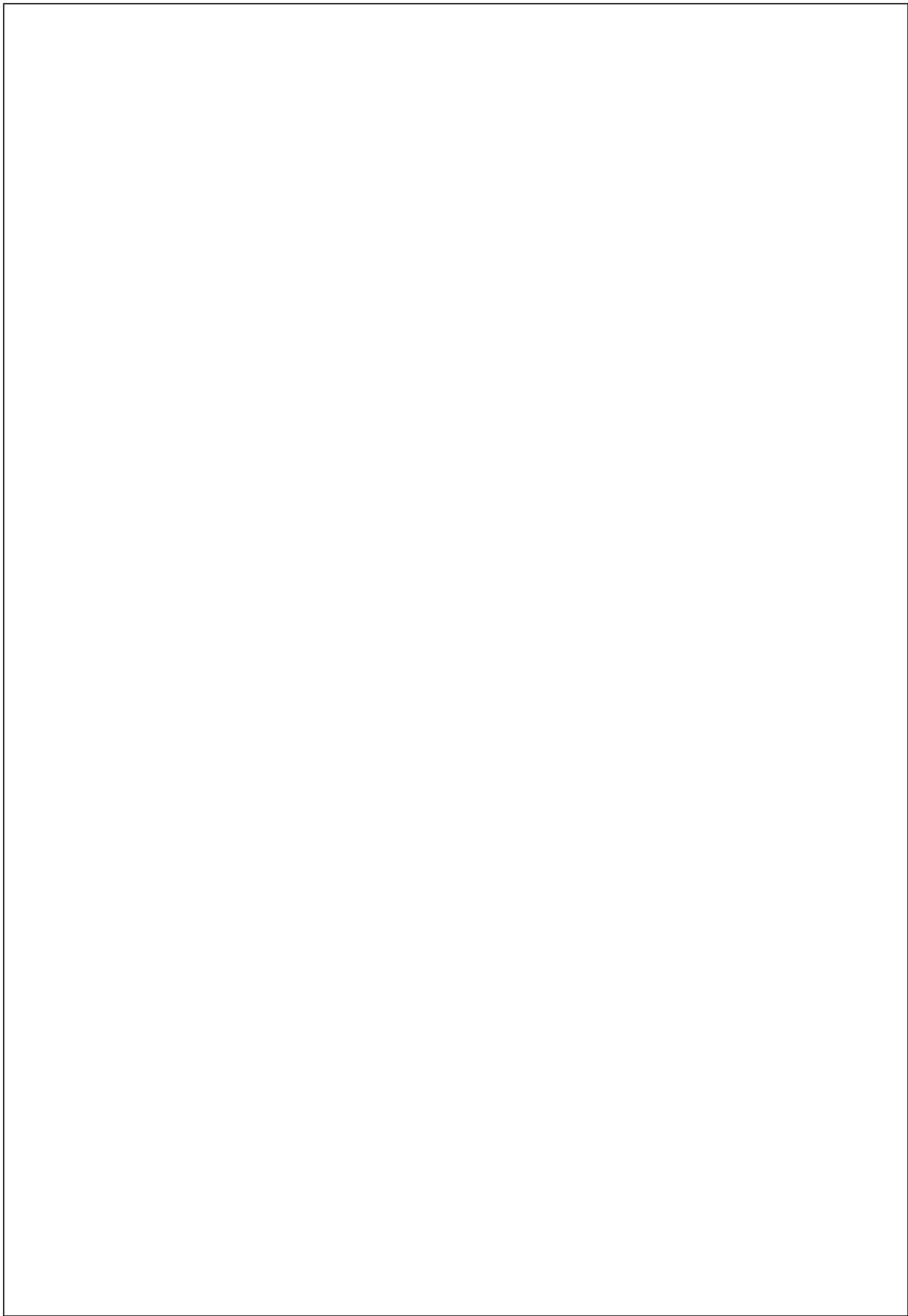
### 3)My Goal: Happy time with Friend and Family

I want to enjoy happy times with my friends and family, and feel content and fulfilled in life. I want to be able to spend time with them and enjoy their company, and feel that we are having a good time together. I know that money and material possessions cannot buy happiness, but strong, healthy relationships can.



## **Execution Strategy**

Relationships provide a sense of security and stability, and can make people feel whole and happy. I want to spend as much time as possible with my loved ones. I will spend time with them going out to dinner, watching movies, and taking vacations together. I also make a point to stay in touch with them through phone calls and emails. I am grateful for the people in my life who love and support me, and who make me happy. I am grateful for everything I have in life, including all the good things I've been given. I will try to be more patient with my family and forgive them for their small mistakes in order to avoid any misunderstanding.



#### 4)To Attain Healthy Lifestyle and Mental Fitness

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. With workloads increasing, it can be difficult to find time for physical activity. But it is important to realize that physical fitness and mental fitness go hand in hand. Both for having a happy and comfortable life are important.



#### **Execution Strategy**

Staying positive. It's important to try to have a positive outlook; some ways to do that include Finding balance between positive and negative emotions. Staying positive doesn't mean that you never feel negative emotions, such as sadness or anger. You need to feel them so that you can move through difficult situations. They can help you to respond to a problem. But you don't want those emotions to take over. For example, it's not helpful to keep thinking about bad things that happened in the past or worry too much about the future.

Developing a sense of meaning and purpose in life. This could be through your job, volunteering, learning new skills, or exploring your spirituality.

Connecting with others. Humans are social creatures, and it's important to have strong, healthy relationships with others. Having good social support may help protect you against the harms of stress.

Developing coping skills, which are methods you use to deal with stressful situations. They may help you face a problem, take action, be flexible, and not easily give up in solving it.

Meditation, which is a mind and body practice where you learn to focus your attention and awareness. There are many types, including mindfulness meditation and transcendental meditation. Meditation usually involves a quiet location with as few distractions as possible.

Avoid negativity within yourself. You don't need negativity from yourself, either. Let go of all negative thoughts within yourself. Overeating tends to happen when one feels unhappy, so by staying in a positive state of mind, you cut out an unhealthy dependence on food to be happy.

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