

Concentration and Focus

VEV 741 Session 4 – Goal Setting and Continuous Improvement

Sessions 3 and 4

- Understanding your potential and the mental barriers that limit you
- Understanding your personality type
- Identifying a long term goal
- Continuous Improvement – Kaizen

Let go of things that harm you



Validate your fears – is it real?



Learn to handle criticism

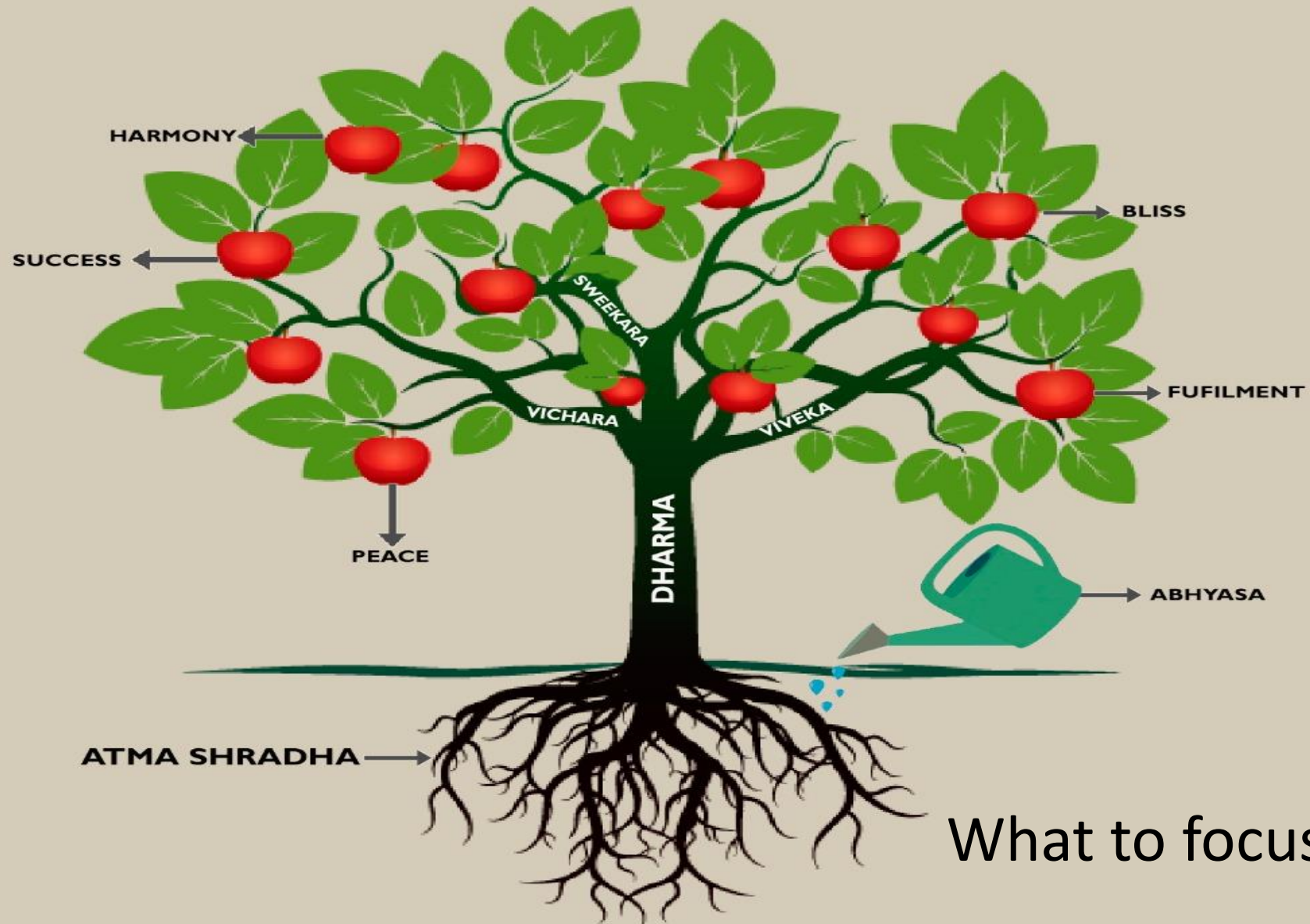


Don't let your greed enslave you



Know your priorities





What to focus on

Group work

How do you see yourself 5 years from now?

1. Successful career in a company ?
2. Starting something of your own ?
3. Settling down abroad?
4. Higher studies?
5. Fitter and more healthy?

SMART

Define the goal in **specific** terms

Identify **measures** to check whether you are on track

Are your goals **achievable**?

How **relevant** is this goal to your life?

How can you ensure it is **time-bound**?

Group 1 – Financially secure

- Sarfaraz
- Mohit
- Sushank
- Bhavesh
- Rishav
- Harsh
- Anjaleena
- Mohit

Group 2 – Start something on my own

- Trishani
- Ethesham

Group 3 Settle abroad

- Adika
- Yateek

Group 4 Get fit physically, mentally, emotionally

- Ajey
- Abhinav
- Shubha
- Sparsh
- Sachin
- Kunal
- Kulveer
- Abhishek Mina

Group 5 - Find my purpose

- Kritika
- Mahdev
- Jasvinder
- Kushagr
- Lalit

Others

- Dheeraj Soni

Kaizen – Continuous improvement

- 1 % better consistently every day for a year = 37.78 times better – the compounding effect
- Negative compounding – negative thoughts, anger, stress, blaming
- Positive Compounding – knowledge, productivity, relationships
- Walk slowly but never backward
- Stonecutter takes a long time hammering at a rock – nothing seems to happen – till suddenly one blow shatters the rock

Once you decide on the goal – focus on the systems /processes – not the results

- If we focus on results, once we achieve it, we get complacent
- The purpose of setting goals is to win the race. The purpose of building systems is to continue playing the game with greater expertise.

“Whenever failure comes, if we analyse it critically, in ninety-nine per cent of cases we shall find that it was because we did not pay attention to the means. Proper attention to the finishing, strengthening, of the means is what we need. With the means all right, the end must come. We forget that it is the cause that produces the effect; the effect cannot come by itself; and unless the causes are exact, proper, and powerful, the effect will not be produced.”

Swami Vivekananda

In order to complete your one credit

- You should have submitted your first assignment by now (20 %)
- You should answer queries that I will put to you on Mataji's videos by September 15 (this will count towards classroom participation)
- You should have given meaningful feedback (this will count towards classroom participation)
- You should identify 1 long term goal and work out your strategy to achieve it (30%) – last date October 1
- Please note : Classroom participation – 50 %

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