

### **Criteria for monitor pleasing goals**

- Soon: When will you know you've succeeded? Your goal should be achievable without requiring patience.
- Certain: How confident are you that you can succeed? Your goal should be within your control.
- Positive: What improvement will you experience when you win? Should be something that feels good, not just that avoids suffering/shame.
- Concrete: Measurable. How will you know you've succeeded? There is an external indication that you have succeeded.
- Specific: As opposed to general. You should be able to visualize precisely what success will look like.
- Personal: Why does this goal matter to you? How much does it matter? Tailor your goal so that it matters to you.

### **4. Choose your three favourite definitions and score them based on the criteria for Monitor-pleasing goals**

GOAL		SOON	CERTAIN	POSITIVE	CONCRETE	SPECIFIC	PERSONAL
1							
2							
3							

### **5. Write your new goal**

Reread your description of what made this goal frustrating. Now you can select whichever new definition of "winning" best addresses those problems!