

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!