

Monitor-pleasing goals

To cope with the frustration of trying to achieve a goal that's all but impossible (e.g., "perfection") or else in-progress and taking a long time (e.g., "successfully" finding an internship) start by redefining what it means to "win" at this goal.

1. Write down the 'frustrating' goal

2. Write down what frustrates your Monitor

Is it unattainable? Do you feel ambivalent about it? Was it someone else's dumb idea? Is there part of it that makes you feel helpless? Are there too many frustrating yet unavoidable obstacles between you and "winning"?

3. Brainstorm at least twenty options for definitions of "winning" that will satisfy your Monitor

Make sure you have plenty of silly, impractical ideas, as well as a few that could actually work. Brainstorming works best when you don't filter! For some people, it also works better when you collaborate; if that's you, ask a friend to help.

1.	8.	15.
2.	9.	16.
3.	10.	17.
4.	11.	18.
5.	12.	19.
6.	13.	20.
7.	14.	21.