The Power of Goal Setting

---

09 January 2015

The Power of Goal Setting

Goal setting is like magic. There has never been a year where I have set goals and then not have achieved them. This is not a statement about how great I am, it is a statement of how amazing the human brain is. The human brain is essentially a goal seeking machine. When we have goals it makes us feel alive and fulfilled; it gives us the sense that we are really making progress in life. I believe the purpose of a goal is not to achieve the goal, the purpose of a goal is what it makes us as human beings.

How to Follow Through with Goals

I think the most potent way to keep on track in your goals is to make them public. Making your goals public makes you more emotionally invested. Once you tell other people about your goals there is no going back.

My 2015 Outcomes

- Emotional Intelligence
  - Journal everyday
  - Transform my base state to be constantly calmness and grounded
  - Increase my ability to concentrate 200%
- Intelligence quotient/Hard Skills
  - Ace Harvard advanced writing course this summer
  - Significantly increase my programming/computer science skill set
- Physical Intelligence
  - Drink 80oz of water everyday for the rest of the year
  - Be consistent in my sleep schedule. Wake up same time every single day
- Social Intelligence
  - Focus on being more kind to others
  - Focus on commonalities rather than differences with anyone I am communicating to
  - Communicate through questions, metaphors, and contrast, rather than purely through statements

Hopefully this post will trigger you to make some changes in your own life if you haven't begun that process already. Thanks for reading and have an awesome and productive 2015!

skill acquisition [4] (/categories.html#skill acquisition-ref)

skill acquisition [3] (/tags.html#skill acquisition-ref)   learning [3] (/tags.html#learning-ref)