

## ACHIEVING YOUR GOALS

A big step towards achieving your goals is developing and maintaining a goal-setting mindset as the attitudes you develop will influence the way you view goal-setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task. Try to foster a positive attitude when setting and trying to achieve your goals. A positive attitude means you are looking for ways to **SUCCEED** rather than focusing on the difficulties and obstacles that could be in your path.



### TO CREATE A MORE POSITIVE ATTITUDE:

1. Each day note down something you did towards achieving your goals.
2. Note down any changes someone else has noticed e.g. your teacher says well done for your work!
3. Don't stop trying if something goes wrong, rather, reassess your goals or decide if you need to work harder to achieve them.
4. Find a mentor to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects but is a bit further ahead of you.

### OTHER BARRIERS:

- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way for your milestones.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

### YOU COULD ALSO:

- Clarify your goal.
- Write a list of actions.
- Analyse, prioritise and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly.
- Ask for help!

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Tips by Dr Prue Salter

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