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How to achieve your goals

with Smart Goal Setting



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Many of us are still trying to achieve the goals we set on January 1.

For example,



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- **To lose a few pounds**
- **To exercise regularly**
- **To eat healthy**



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**Here's an easy strategy that helps you achieve
these goals.**

It's all about:



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Smart goal setting



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Suppose, on January 1, you decided to lose a few pounds. You're normally advised to do the following:



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**"Specify a particular number of kgs, say 2 kgs,
within one month"**

That's a mistake...



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Research shows there's a way that's more effective.

It's all about setting a:



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Low-high goal



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For example:

Not Lose 2 kgs within a month

but

Lose 1-2 kgs within a month



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Why?

Because the best goals are those that are, first, achievable and, second, challenging.



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Research showed that people enjoy operating within such boundaries. Therefore, they are more willing to keep at it.



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Now, this does not only apply to New Year's resolutions, of course.

Let's take a look at the workplace.



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Let's say that you want to raise your number of sales per week.

What should you do?



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Take your cue from the research, and set a low-high goal target. Make sure that:

- **The low goal is achievable**
- **The high goal is challenging**



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Following this strategy, your target of, for example, averaging 3 more sales per week will become: 2 to 4 more sales.

You'll spur yourself to better results.



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So, remember -

If you want to increase the chances of achieving your goal

Set a low-high goal target that's both achievable and challenging.



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Thank you for your attention!
Please feel free to like & share.