

# Personal discussion: Goals

**Important tip #1:** This is supposed to be a fun discussion. You are allowed to tell people what you really think and feel, but you do not have to put your heart on the table. If a question makes you uncomfortable, just skip it. **Important tip #2:** If you want to be a good speaker, be a good listener. Really listen to people, be friendly and positive and open-minded. **Tip #3:** It's ok if you don't have time to do ALL the questions.

## Reading: Kendra Cherry (Verywell Mind), "Locus of Control and Your Life"

1. Based on the article, do you think you have a more internal or external locus of control overall?
2. For some people, it depends on the context. Are there times where it's different for you?
3. Can you think of one time where you "blamed yourself too much" for something that happened, so you had a really internal locus of control for something that wasn't your fault?
4. Can you think of one opposite situation, where maybe you didn't "own" a situation enough?
5. In general, when other people explain bad things that happen to them, like a bad grade at school or a problem at work or with friends, do you find that they have a more internal or external locus of control? What about when good things happen to them? Is it the same?
6. In general, do you think people should spend more time thinking in an internal way, of what they could do better, or do you think they should think in an external way, and not worry about what they may have done wrong?

## Watching: Ali Abdaal, "How to achieve your goals"

7. Let's do this. Tell us about one goal that you have in your life at this period.
8. Ali Abdaal says that his tips are research-based. Does that make a difference to you?
9. Are there tips that he mentioned that you would like to try?

## Watching: Chelsea Fagan (The Financial Diet), "How To Better Yourself Without Hating Who You Already Are."

10. Do you have a self-improvement project that you would like to tell us about?
11. In general, do you think it's better to try to improve without criticizing yourself, as Chelsea seems to recommend, or to be a bit hard on yourself, to kick yourself in the behind a bit?
12. Chelsea talks about self-improvement as a group effort. She says that you should tell others about your plans for self-improvement. Not everybody agrees with this. Ali Abdaal doesn't really mention it, for example. What do you think?
13. Chelsea is not a mental health professional and has no college degree. She is a self-made woman, a professional writer and Youtuber. Does that affect how you see her advice?