

Goal setting

[Psychology](#)



Goal Setting attendance and concentration To quit being a latecomer to and improve on my listening abilities. 2. Office work and family business.

3. Attending my lectures ten minutes before time for the next two months.

Fully concentration in class and no phones to class or switching my phone off in every lecture for the next three months.

4. Making sure I meet my own deadlines; being in class ten minutes before the start of any lecture. Keeping my own word; no phones to class or not forgetting to switch off the phone during class time.

5. I need to stop my class late attendance since my facilitators have started to note both my late attendance and my no concentration. I feel this may have vital implications on my studies. I also want to stop extending my work to class. I feel that my phone has been a great obstacle to my studies. It has been taking a substantive portion of my class time that is why I cannot get distinctions in my class work.

Office productivity

1. I want to improve on my office productivity and be as productive as I was when I first joined the company five years ago. I therefore need to make my work days at work as productive and as manageable as possible.

2. Chatting with friends and colleagues online via g-mail chats, Facebook and Skype has become a major obstacle to my productivity at work.

3. Be able to continuously work and diligently perform all my office duties everyday without opening or responding to my active chats on my office computer or my personal computer for the next three weeks. Deactivate all my social accounts for the next three months so as to avoid distractions during my office hours.

4. I will be conducting a recap every 4. 30 pm in the evening to see how far I

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have gone towards achieving my goals. If by any chance I flopped in a particular day, I will extend my target time by the number of days I flop.

5. I want to become productive again. Recently, my boss has questioned my productivity for not meeting simple deadlines and for having careless mistakes on my completed work. I do not want to lose my job. Also, I want to stop the online chatting addiction for my own good because it is not only negatively impacting my office productivity but also taking too much of my personal time that I should use with my family.

Parenthood

1. I want to improve on the time I spend with my child.
2. Arriving home late from work and carrying my office work home. The two have drained the time that I spend with my family even during the weekends.
3. Come home from work at exact five o'clock in the evening everyday for the next two months. Spend Sunday afternoons with my kid in a public park for the next two months.
4. I will write up my goals in a diary and make sure I tick on them every Sunday evening at 7 pm for the next two months.
5. I want to bond with my child for I have not been there for him since he was little. I want to always be there for him when he needs my help. A parent being there for the child is not only a personal objective but also a societal expectation (Baumeister & Vohs, 2007).

Reference

Baumeister, R., F., & Vohs, K., D. (2007). Self-Regulation, Ego Depletion, and Motivation.

Social and Personality Psychology Compass, 1, 1-14.

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