

# Go for it

Psychology



**ASSIGN  
BUSTER**

Personal Goals Personal Goals After a careful consideration of the modules, I realize that there is a salient need for ensuring that I set realistic goals and that I can stay motivated to achieve them. The modules convinced me that I have to move beyond my comfort zone if I have to achieve my dreams. One of the strategies I use in ensuring that I stay motivated is setting realistic goals for myself. There are times in the past when I used to set unrealistic goals that were very overwhelming. When that happened, I lost self-motivation and was unable to keep moving (Fensg, 2015). However, I have learned how to focus on smaller goals that eventually defined the larger goals. Focusing on smaller and realistic goals has proven to be a sure way of keeping me motivated. With such goals in mind, I precisely know what I want and what I have to do to achieve them.

Moreover, thinking positively about myself and creating positive mental pictures of the person I want to become has also proven to be an effective strategy for staying motivated. I have realized that negative thinking has the potential to derail me and prevent me from utilizing my full potential.

Therefore, I have been focusing on positive thinking and having the faith that I can achieve my goals (p. 45). Moreover, I ensure that my friends comprise of individuals, who understand the value of positive thinking and those that focused on achieving their goals. Such friends have been highly influential, a factor that has driven me to be more motivated.

#### Reference

Feng, B. (2015). How to stay motivated. London: Life in Books.