

**LOKU** **SKILLS**  
విద్యార్థులు

Goal Setting  
Techniques for Life

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## ❖ Goal Setting පිළිබඳ වැරදි අදහස්.

- ❑ “A winner and a loser had the same goal”
- ❑ Do you have a Goal or is it just a wish?
- ❑ “Just a dream will not take you anywhere. A goal will take you anywhere”

### ➤ Main difference Dream vs Goal

- Goals
  - Details you give to dream
  - Shape you give to dream
  - Specific to dream
  - Narrow down to dream

- Dream

Can you tell me the details of the dream?

- ❑ Only 3% Adults Write down their goals
- ❑ Setting goals & achieving them
  - Increase confidence level
  - Increase energy level
  - Become an intelligent
- ❑ “A goal without a plan is just wish”
- ❑ Why do most people have no goals?
- ❑ 5 goal setting myths

### ○ Myth 01

- I already have a goal, so I don't need to set any goals  
(Every homeless person has that dream)
- Goals are action that you take
  - Very clearly build
  - Very clearly catered
  - Very clearly designed
  - Continuous improvement
  - It's not a dream, it's a plan

### ○ Myth 02

- I don't need goals, I am doing fine  
If you are doing fine without having Goals, How good would it be if you set goals?



### ○ Myth 03

- *I don't need to have goals, because everything is in my mind*
  - Average human mind 1500 thoughts per minute
  - What is your action?

### ○ Myth 04

- *I don't know how to set goals, so I don't care about it*

### ○ Myth 05

- *Goals don't work. Life is too unpredictable*

#### □ 2 choices in your life

- 1<sup>st</sup> choice  
*Work for someone else*
- 2<sup>nd</sup> choice  
*Work on your own goals*

#### □ “Only 3% of adults have written goals. They earn more than other 97%”

- + Goals set කරන්නේ කොහොමද?
- + Goals set කරන ප්‍රයෝගික විධි සහ ක්‍රම
- + Goals set කිරීමේ දී බැලිය යුතු දේවල්
- + Action plans
- + Techniques
- + Strategies
- + කරන්න ඕන දේවල් මොනවද?
- + නොකළ යුතු දේවල් මොනවද?