

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Directedness

In a research paper C. du Toit-Brits stated: "Self-directed learning is characterized as one of the fastest growing areas of research in the past forty years. Self-directed learning can be regarded as an essential skill in the 21st century..."

Antonyms – Directionless, non-specific, aimlessly

Synonyms – Purposefulness, channelizing

Self-Talk of the Loser: "I can't decide."

Self-Talk of the Winner: "I have a fantastic plan."

"If one does not know to which port one is sailing, no wind is favorable." - Seneca the Younger

For more positive Self-Directedness, take action today:

What are your life goals?

1. Do you have our goals and priorities for the next 5 years regarding your job, your health, your family, finances, personal life, community involvement, learning, and relaxation?
2. List your priority goals for next year.
3. List your priorities for next week on your smartphone calendar (or desktop calendar).
4. In the same calendar, list all your activities for next week.
5. List your goals for tomorrow.
6. Set-up your budget and financial planning.
7. Collect information on and research each of your goals.
8. Compare and revise your goals with experts in the field.
9. Use the following basic rules for achieving your goals:
 - 9.1 Set short-term goals (Daily, weekly, monthly and six-monthly)
 - 9.2 Set low-level goals (relative easy to achieve)
 - 9.3 Set process goals (separate processes or smaller goals as part of the larger goals).
 - 9.4 Become member of a group with the same interest and performance and share for support.
 - 9.5 Celebrate your achievements with rewards such as a holiday, a dinner, a week-end away, new clothes, a certificate, etc.)

Remember to test your goals as SMART GOALS - S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Time-based.