



Presents

Art of Setting Goal

by

Dr. P.R. Subas Chandran, Ph.D.,



This is a Lifestyle book covering most aspects of mundane life, illustrated briefly. An inevitable part of your life; in case, not interested in you or others, please don't buy...doesn't matter.

Please see the back-cover page for titles of the other books available in the series.

For bulk orders as return gifts for Marriages, to Educational Institutions or Corporate Companies, please contact:

☎ +91 9618 552789 ✉ subaschandran1951@gmail.com

Copyright © The author endorses the allusion of part or whole of information for educative or inspirational purpose with due acknowledgement to the author and the Title of the book.

Published by

Dr. P.R. Subas Chandran, Ph.D.,

Plot no.146, G6 -22, Swaminarayana Nagar Colony,
B. N. Reddy Nagar, Gurramguda, Hyderabad – 501510.
Telangana, India.

Price - Rs. 20/-

Printed by: J. Vincent Suresh Kumar at John Printograph,
5/2780, Muneeswaran Colony, Sivakasi - 626189.

☎ 99413 93851 / 98412 14934 ✉ vincentjprint83@yahoo.co.in



Presents

Art of Setting Goal

by

Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

those who have started hitching their wagons to the skies.



FROM THE AUTHOR

Art of Setting Goal (AOSG)

“உள்ளுவ தெல்லாம் உயர்வுள்ளல் மற்றது
தள்ளினுந் தள்ளாமை நீர்த்து.”

[lofty goals set, cannot be thwarted or defunct whether realised or not]

Human being, amid a hustle-bustle life, today, is racing against time. “Goal Setting – Set the Goal & Hit the Road” – an essence of different schools of thoughts brought into a presentation form. Goal setting is a complex subject that is lucidly loaded with anecdotes, parables and humour. The content will be a cynosure to those who are obsessed with growth chart. Setting small goals – day to day mundane things – will be the visa for major goals of becoming rich and famous.

Mother Nature has created many lives and all its representatives live with a GOAL. Even an animal has goal to eke its prey. What would be the state of Mother Nature if the Sun or Earth stops rotating ... a default goal of the Solar System? Contrastingly, though a reflection of Nature, human being always bestowed with the boon of sixth sense to think, rethink, evaluate and to change his path to reach a goal. In the process, he/she entails rather is compelled to develop an action plan for, survival of the fittest lives.

All the success and failure begin and end with Goal Setting applying principles of SWOT, SMART, Time Matrix and DOT. When your goal is not in proper direction, the space between where you are now and where you want to be, turns the Setting topsy-turvy. Is it possible to construct a flawless Goal Setting? If so, what is the software available...? Is it feasible to achieve your goal? Then what mechanism can one adopt to achieve? Come on..... let us postulate a new theory of Goal Setting ... Get set go?

All the best

(Dr. P.R. Subas Chandran)





Sanjay Kishan Kaul
Judge
Supreme Court of India

FOREWORD



16, Tughlak Road,
New Delhi-110 011
Tel.: 23018012

FOREWORD

The longevity in Japan is attributed to the principle of *Ikigai*, the translation of which means 'happiness of being always busy'. A human being should never retire from all activities but should have a passion of life. There can, thus, be moving goalposts.

Dr. Subas Chandran has addressed the Art of Setting Goal in a brief, but focussed treatise. The puzzle is sought to be unravelled by the author by setting forth straight forward exposition incorporating suitable anecdotes, stories and case studies. It is a tribute to the author that such an important, yet vast concept, is sought to be capsulized without losing its essence. Life without a goal is, thus, like driving a Ferrari without brakes. The goal should be set forth keeping in mind *Ikigai* of a person and he alone can do so. I am sure this book will empower the readers in setting forth their goals and be a guiding path providing a golden opportunity towards one's goal.

I wish the author all the success and the readers the best of setting forth their goals.

New Delhi;
April 21, 2020.


JUSTICE SANJAY KISHAN KAUL



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Shri. Sanjay Kishan Kaul**, Judge Supreme Court of India to have foreworded the Art of Setting Goal vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



TABLE OF CONTENTS

	PAGE
Art of setting goal	11
25 Goals	15
Goal setting	18
Why goals?	19
Prerequisites	21
Important urgent matrix	24
Just for fun	27
Case study	31

NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of setting goal

Goal! A footballer? A commoner? An animal? Any species?
A target to hit at like the archer? Goals are not dreams,
but an action plan specifically outlined to convert
our dreams into reality. Shshsh....
Goal keepers excuse.

“
*Don't you have goals? If you don't, don't worry.
Not having goals is also a goal.*
”

My dear friend, have you ever come across a life (Human or animal) travelling without a goal? If you have, Never mind. Anyways, all forms of life on this earth have goals - at least one goal, to consistently achieve them daily. A little confusing, isn't it? Well, relax and don't be confused because those goals are survival like eating, drinking, resting, etc. That means none is without a goal.

Imagine how tough it might have become to evaluate and know what we have accomplished and how much more to pursue hadn't we had specific time-bound plan of action. Since we do not know where we are, we won't know where we are bound to in life; how far is accomplished thus long and how much more is left to be achieved. This creates a void in our action.

Tarry a little! I will show you a never-ending treasure from which you can take as much as you want to disentangle the complexity of the above void.

*Disentangle the entangled complexity of complex life by setting
untangling simple goals in life - Author*

We should constantly push ourselves try different things not at the cost of changing the approach towards achieving our desires but touchstone our worth to challenge challenges. So as to know where

we are in athletic track of life, we need to know where we were and where we want to be. Writing down these details is nothing but ‘Goal-setting’. We all have goals; hence, we all need to know how to set goals effectively. This book deals with acute details of purposes and how to serve our intangible needs in the best possible way. Consider:

- Why do we need to set them?
- Who is the beneficiary?
- Where are the pitfalls?
- When to set them?
- How to set them?

Some of us want to earn millions per day or become President of a country or own a Harley Davidson and many more. The list seems to be never-ending but what we need to know is that only achievers can turn these desires into reality. If you have not achieved anything or what you’ve achieved so far doesn’t do justice to your knowledge, don’t get disheartened. 90% of the world population is sailing in the same boat. The primary difference between achievers and losers like us lay in the attitude.

We, often and by default, have a mindset that has limitations. These limitations are the ones that have been drilled and shoved down our throats since childhood. But then we can’t entirely blame our kith and kin, because they were attuned to a pattern of life designed by their seniors and hence might not have been taught the nuances of goal setting. Don’t bother. At least start now. Better late, than never.

On a national function in an educational institution, there was a staff, who turned up late to the event, almost after the completion of the occasion. The management commented, “Madam,



you are too late for the occasion.” “I’m a bit too early for the next occasion, Sir”, she gave a quick repartee. Let alone the right justification for the wronging; still, don’t you see some optimism in the utterance. Goal setters should not hesitate nor pause even if it is late; trial causes nothing; there’s nothing wrong in giving a try. As mentioned earlier, achieving is just an attitude (to know more read, Art of Altering Attitude’) or mind-set, I would like to reiterate the fact that we need to train our brain or show our mind what it is capable of and how to do that.

It is not a daunting task as such to start with the rudimentary and petty things in life. To lighten you up, I’d like to share an experience of mine. One of my ex-employees had a heated argument with me, to the extent that I happened to pick my spectacles and smash it to the ground (this is not a tip). I couldn’t take his attitude anymore because I was trying to explain to him the importance of having a goal in life, and he believed in the theory that life would move-on at any cost.

There was a long silence; he stormed out of the office, which left me further annoyed. The fun part begins here. He came back after an hour; calmly walked towards me and handed over me a bag. I opened it and inside was a spectacle case. But, before I could say anything, he said, “Goal-setting in my life started an hour ago when you broke your spectacles thinking it was mine.” Both of us burst into laughter, despite leaving the organisation for better prospects, he joined me again but with a change in attitude.

While he needed a funny incident, you might need something else to trigger the thought of goal setting in your life, and you can start off trying to set small goals to develop the habit of achieving and once achieved, celebrate those accomplishments. By doing so, you will begin to cherish those achievements in your mind that in turn will boost your confidence.



“
Even an aeroplane, travelling at a high speed covering thousands of miles has to start at zero - Author
 ”

Since we don't have flag offs counting the numbers from zero, our test, small yet powerful enough to get us going, will ensure that we have a good beginning to our attitudinal changes towards goals and their importance in life.

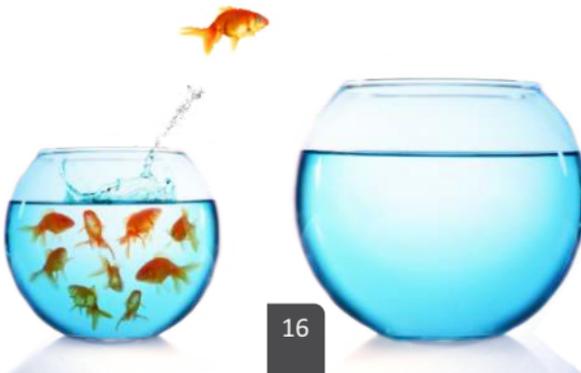
I've tried it daily and it has worked for me so it should work for you also and everybody. The test is simple. All you have to do is to set 25 goals, make it a part of your daily agenda and work on it at your own pace within the set time frame, i.e. before going to sleep and also assess the success of those goals. Let me sample out those 25 goals, and you can accommodate them according to your taste and feasibility.

1. Waking up in time - Yes/No
2. Waking up with a positive attitude and freshness- Yes/No
3. Morning chores done happily - Yes/no
4. Morning chores completed within an hour comfortably at ease - Yes/No
5. Thanked the bestower for yet another blissful day - Yes/No
6. Attended Important calls and SMS - Yes/No
7. Skimmed the newspaper columns for the happenings - Yes/No
8. Breakfast on time happily - Yes/No
9. Got ready for work/school/college/vocation happily on time - Yes/No
10. Travelled to workplace safely and happily - Yes/No
11. Cared to share someone's problem in whichever possible way - Yes/No
12. Settled down to work happily - Yes/No
13. Scheduled the work for the day within the time frame - Yes/No
14. Get on with work smoothly and happily - Yes/No
15. Keep pace with time with respect to work - Yes/No
16. Made scope for lunch in time - Yes/No
17. completed the agenda for the day in time - Yes/No
18. Found time to have a casual chat with peers - Yes/No
19. Reached home safe in time happily - Yes/No
20. Spent a little time on hobbies - Yes/No
21. Sat down with family members for a pleasant chitchat - Yes/No
22. Had a comfortable dinner in time - Yes/No
23. Seen to it that there are n't any carryovers to the next day- Yes/No
24. Achieved something new for the day - Yes/No
25. Got to bed thanking the Creator for the successful accomplishments of the day - Yes/No

Now ask yourself: “Are there goals or still no goals to accomplish”, if this doesn’t seem like a fully loaded and practical list of goals. Well begun is half done, The first and the last (finishing a goal happily)’ are the most critical ones because the ultimate purpose of this book is your happiness which is least possible without a good beginning and an ending (Give a try reading Art of Beginning the Day and Art of Ending the Day). Surprisingly, if achieving a goal makes you happy, then you’ll gradually find yourself finishing subsequent ones on time.

On the first day, you could finish 5 out of 25 and don’t forget to pat yourself on achieving 20% in comparison with 0% on the previous day. By this time, you will have understood the nature of the task and you’ve hit the $\frac{1}{4}$ mark, so, get going for the 50% mark and gradually move towards the 100% mark. A word of caution! Once you put down the list, never remove a goal, whether accomplished or not, from it. If we start accommodating adjustments, then we wouldn’t be able to complete our goals on time.

When you set such goals, you’ll understand that if you could not finish taking a bath and getting dressed in 20 minutes, you should accommodate breakfast at other intervals. Likewise, you are doing justice to yourself by managing time and task. I’m the living proof of following this list, and it has done wonders to my confidence and my ambitions.



Looking carefully at the 25 items on the tableau will tell that once you've completed these ordinary goals and made it a part of your life, you can move on to setting bigger goals like reading a novel, planting a tree, community service, practising handwriting, clearing long pending work, doing a bit of yoga exercise*, learning 5 new words per day, solving 10 analytical problems in an hour, etc. because now you have the confidence to pick up challenges.

Well now, dare you say you don't have goals? Come let's proceed further as these 25 will inspire us into 50 or 100 more of them. A goal, more obscure, will consume a lot of time and resources. Life without goal is like a boat without a rudder and the quality of things we receive in life will also diminish but the time consumed increases. This has an impact on our gratitude towards people, things around us and even life.

Please take a piece of paper and a pencil with an eraser. This exercise is imperative to make goal setting a possibility. We will explain this in the following pages.

We have already motivated you with 25 small goals which in a set of time you might have achieved 100%. Such is the power of confidence allow you reinforce these 25 goals into 50 and then, 100. In no time, possibly in a month or two you will be familiar with how to set small goals and achieve them.



When you reached cent percent, reorient your mindset to set 10 bigger goals, and fix a time limit. This may take a little more time. But don't give up. With 10 goals also there is the feasibility of achieving smaller goals. Once you achieve 10 goals, and then set one goal which could be attainable in a short span time of two or five years.

Now that your mind is familiar with goal your realising it becomes a game, not a task, more of a fun.

Goal setting

What are goals? How to set them?

“

*Dreams are not those you see in sleep.
Dreams are those that don't let you sleep.*

- Dr A. P. J. Abdul Kalam

”

Goal is Life and Life, Goal. The very purpose of life living is Goal. Goals are clear targets that are synchronised with a specific time frame and determined action plan. How to set Goal- The way you fashion your life! Simple as that! You are your parents' goal, and your goal is to continue the legacy. Always keep updating goals to keep up with the advancements in the world because goals drive your motivations in a clear and measurable direction.

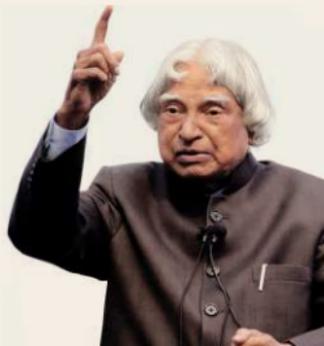
“

Success

**Man needs his difficulties
because they are necessary
to enjoy success**

- A.P.J Abdul Kalam

”



Economics teaches us that there is no end to wants, and so, there is no end to needs. With endless needs, we need to find a practical and simple approach to achieve them, which is nothing but goal-setting. Our survey says that the goals are never-ending since they are our endless wants too. For instance, a person wants to earn Rs.50,000/- per month, and once he starts from there, after a year or so, he would now want to earn double. A start-up entrepreneur wants to scale up his presence, and when he reaches the pinnacle, he aims for a brand extension or a brand stretch. The best part is that he leads an ordinary life like you and me. We also learn from the survey that those people who accomplished their goals have more failures than those who are yet to achieve their goals. Having learnt from failures, they have continued their journey, as goals have been their milestones of satisfaction.

Why goals?

You are a part of nature and you can't stay away from it. Nature is in tune with the rhythmic pattern of a disciplined life. This ingrained nature also has goals like us. We generally don't see them as goals but more as habits like eating food, sleeping, talking and travelling. Those daily activities might have been our goals when we were babies, and because we repeated them so many times, those goals have become our habit. Set targets and keep achieving them continuously and then, making becomes your habit.

Then, why not goals?

When you dream or think of a dream you had, remember that no one on the planet bears any responsibility to it except you. If at all someone can do something about it, it's you. You are solely responsible to fulfil them. This also stands true for our needs and wants and not just dreams, and so we can set some short term goals for them as well.

Let us first differentiate needs from wants. Needs are our immediate requirements for survival either for ourselves or others. Wants, on the other hand, are the lackings or desires that leave us often with an unsatisfied mind thirsting for more say for example, our comforts and luxury. One is elemental, without which survival is questioned; while the other is aspiring 'for more'. One needs a car while the other wants an AUDI. The best part of goal setting enables us to assess our strengths and weaknesses; distinguishing the limited reachable goals within our purview from those of ill-limited and farfetched ones. Goal setting guides mind through a designed strategic disciplined pattern of life. Self confidence, self esteem, self satisfaction, self reliance and self control imbibed enable us to pursue our lives peacefully and harmoniously revelatory of a great sense of accomplishment. Isn't that true? For ages we have been taught time is the best healer. True, but it is also the biggest excuse to sit back in pain and suffering. So, let's take control of our lives and then be grateful for things we get to achieve.



Many people attribute their success and failure to luck, but not many realise, due to lack of properly-being taught, that when you have goals, LUCK becomes Labour Undaunted Counting on Knowledge. Yes! The abbreviation is well defined because any lack of knowledge or planning will make a person tumble down from the topmost rung of the ladder to the bottom most letting one thrive from the scratch.



Husain Bolt, the world's fastest man did not achieve that tag by merely running but by chasing the goal through his persevered labour under the correct knowledge he had acquired (training) to reach the pinnacle.

Goals ensure focus on your efforts and drive your motivation to a clear direction. So any purpose if generated organised and attained through proper planning, for sure, becomes a reality. In life, we all have dreams of a better life, of a life where things come exactly how we want. It can be our finances, our family, our health, our contribution to the society or all of the above.

Remember I requested you to get a piece of paper to write? We need to gather the prerequisites before we write our goals.

Prerequisites

Documenting: The goal is fundamental and hence preserving it in our minds will only reassure that we don't lose track or delay. Putting down goals on a piece of paper and reviewing them regularly gives you a 95% chance on the higher end. As per statistics, 2% of the world's population controls the rest of the 98%. This small percent of people have a habit of documenting. This small

exercise helps them in organising their lives. Why be controlled when we can control ourselves?

Delimiting limits: Second, in line is ‘no limits’. Limiting your mind makes it shrink its profound capability and narrows down our perspective towards everything. A beggar was once asked what he would do if he were given one lac rupees. He replied saying that he would buy a golden bowl to beg (not in insolence of the underprivileged) it’s not their disability but a mindset that is restricted. History is full of great achievers.

There were two friends: One was arguing his breath out that if each is given equal opportunity the development will be uniform. The other said: Don’t try to straighten dog’s tail. Each is with his own limitations. Let me give you a practical demo. He took a new set of clothes and gave it to his young servant maid. She wore them and danced about for a while; immediately after some time, she changed back to her old clothes and got back to work,-back to the pavilion. The first friend who was watching all this, asked her: “now, that you have another new dress why do you want to wear the same?” She replied, ‘if i am satisfied with this one i will idle out rest of the days till the other wears out ; moreover I’ll remind myself of the next level of pursuit when I’m looked down upon in my worn out costume’. The answer struck him. This is also a way not to draw line to your vision- after all, sky is the limit.

Self-belief: Dig your past to look for incomplete plans lying in your memory and check why they failed. The most common answer is the lack of confidence or lack of resources, correct? Then why do achievers keep saying ‘belief in you.’ Also, remember no one knows your dreams as you do. Once there was a farmer. He overheard some hearsay that there was a huge treasure lay buried in his farm. He started digging it. Three days consecutively he did nothing but

exhume. On the fourth day, a passer by chance remarked that it sounded idiotic to do so. Hence he gave it up. An idler, lazy goosy, who was a silent spectator till then, gave a try. Lo and behold! He did get a big pot of treasure.

Responsibility/ownership: No need to look for ownership anywhere else as it's your dream; it's your life. Unless nominate yourself, you would not be able to give it your best shot because you are responsible for 90% of the problem or the solution and 10% is external.

“

The victory of success is half won when one gains the habit of setting and achieving goals.

- Mandino, American author.

”

Having mentioned about responsibility, at this point, let me throw some light on four critical factors of the journey towards your goal. It is also crucial for you to understand these factors thoroughly and assess where you stand. They are abbreviated as ‘S.W.O.T’.

S- Strengths: It is your responsibility to know your strengths what your teachers, parents, family members and also to a great extent, your friends have pointed them out to you. It is ultimately you who have to figure out what your strengths are and where they lie.

Does almost everything right, but its weakness of having short paws has stopped it from reaching her goal. Robert Bruce enkindled his dormant grit –strength inspired by the spider, though.



W- Weaknesses: Your weak points are for you to understand and be cautious. If you cannot be responsible for your weaknesses, you may do 9/10 slides right, but the last step might go awry and result in chaos. Adolf Hitler so much so studied his strengths couldn't assess his weakness which culminated in committing suicide.

O- Opportunities: Be attentive all the time. Opportunity does knock but once. When it doesn't, you already know the abbreviation for 'LUCK'. Apply that principle and create opportunities. You too must be aware of: "a performer awaits opportunity; a leader uses it but an entrepreneur, creates one". Who do you want to be?

T- Threats: This is the most exciting prospect of any journey. Threats have to be confronted anytime, anywhere and from anybody. Threats are also obstacles to be surmounted. If you are unequipped with they throw you back to square one. These can come from the society, pessimists, friends, relatives and also your guilt and fear. So, gear up well before you begin.

Important Urgent Matrix

	URGENT	NOT URGENT
IMPORTANT	<u>Quadrant I</u> <i>urgent and important</i> DO	<u>Quadrant II</u> <i>not urgent but important</i> PLAN
NOT IMPORTANT	<u>Quadrant III</u> <i>urgent but not important</i> DELEGATE	<u>Quadrant IV</u> <i>not urgent and not important</i> ELIMINATE

Please fix your goals in the matrix, wherever you feel they fit.

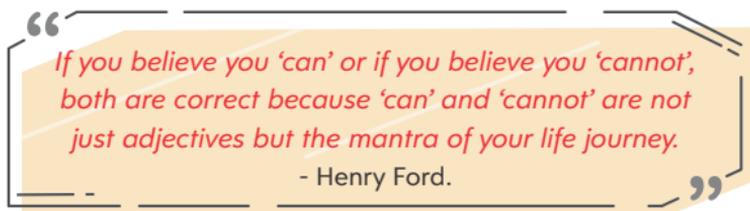
Sharing: Find a family member or a friend who accepts you for what you are. This is also important because sometimes things cannot be achieved just by our gut feelings or motivation. Since human is a social animal, webbed with dependence to achieve a goal you always need a support mechanism from lives on this earth. In case you want to travel in a car to reach a destination, there are many bumps and potholes which are not in our hands. Bear in mind you have got to be with the people, to lean on, weep over shoulders, lay head in the laps of....

Most of us might have heard of a legendary actor and politician of the south M.G. Ramachandran (MGR). It is not after enjoying a successful acting career, but, all through his adult life, he desired to become the chief minister. He made a movie called “Nadodi Mannan” (the Gypsy king) in 1958 as a director and actor in which he had brought out his concept of a true politician and a chief minister in later life following what he enacted when he became the chief minister.

- Author.

Association: “Tell me your company I’ll tell you what you are” (Albert Einstein) Put yourself in a rose garden and then in a funeral. The ambience in the garden is fully charged with the fragrance. Your body will also be romancing with the scent. But, in a funeral, your body and mind would be dull, inactive; you walk and talk in a low pitch. No Jokes! Isn’t it? Choosing an association is like picking food from a buffet. “Yes! A velvety wheat halwa is a wrong association to a person with diabetes.”

Wonderful! Now with these ingredients, goal-setting will spice up our lives. Depending on the size of the goal, choose the size of the visual aid. Take a rectangular hardboard paper or plain sheet



pinned up on a cardboard with your goal written in big bold fonts at the top and see to provide enough space below to make any changes. Be sure to place it where it readily catches your sight, preferably next to a mirror or your closet or your work desk, your convenience.

If space permits, you can add your smaller-goals. In the space below to the left corner, write the date. Set a deadline. Here be very careful not to exaggerate. Too short a period may give you a panic attack and too long a deadline will subconsciously force you to have a laid back attitude. Take time but write a date at the bottom right corner. Once you mention the date, it means by that date you need to be celebrating.

Come up with a plan to execute all the actions required to get to your goal by the set deadline. Be as creative as you can and do allow your mind to be excited.

Jot down the space between the goal and the timeline; this again becomes a small-goal. Now, mark milestones or checkpoints between the beginning and the conclusion.

Use temporary marks to indicate your progress. Temporary, because not all things happen as planned. If possible, use colour pens green for goals achieved in time and red if some actions have exceeded the set specific deadline.

Using a cell phone and computer are least preferred, but if you find it more useful, then you can use reminder option in the phone and

computers use office tools like outlook calendar ‘tick tick’ (most advanced App) or just any document where you can update your progress. Once we are through with the above steps, journey to the depths of your confidence and ability blossoms.

Planning:

Failing to plan is planning to fail - Benjamin Franklin

Without set goals and plans to achieve them, our lives wouldn't have any sense of direction. Like a boat without a rudder; a plane without runway taking off, no matter what great heights it has accomplished, is still of no value. Therefore goals have to be determined and specific.

Just for fun

One day God appeared before a devotee praying and sacrificing for more than 20 years.

“Oh my God, thank you very much for appearing. Please fulfil my desire.”

“What do you want my devotee?”

“I should be endowed with a bag full of money, surrounded by women and should possess a big vehicle.”

“Granted!” and god disappeared.

So far, everything seemed fine. He put 20 long years effort, he planned what to say which is well furnished or he thought so and finally, his wish was granted by god. The fun part begins here and shows an apparent lack of planning.



The devotee was made a bus conductor in a lady's bus. What a bummer!

The devotee did not plan well enough in making a wish because he did not know what he wanted to be. If only he had a well-planned desire in his mind, he would have known what to ask. Unless we train ourselves to communicate effectively (Refer Art series available on Communicative skills, Books:11-15), setting goals would be a futile exercise. By 'setting goals' it means we are ready to produce all the things required including planning to achieve the goals, communicate well with all the people involved (Refer Art of Ramping Interpersonal Relationship) with gratitude and respect and determination to complete the task at hand.

The funny incident further conveys the importance of being smart, and I don't just mean being astute when I say smart:

“SMART”



Now SMART here not only means being incisive but a lot more than that.

S – Specific: Be specific in what you want or desire. This will help you find the right direction. E.g., making 10 million, a tax paid legal money.

M – Measurable: Once you have a specific goal and a direction, the yardstick measures and analyses the set limits of time and action in the steps you take in the journey.

A- Attainable: On gauging your goals, you will understand the attainability factor. You don't have to desire an AUDI within one year and disappoint yourself when you know you have just taken up office for an INR 60,000/- per month salary. Your immediate goal should be to better yourself and see to it that AUDI is attainable for you.

R- Realistic: Make sure your dreams and desires are realistic because setting a goal to become an astronaut is attainable but not travelling into a black hole and coming back. So be wise.

T- Time-bound: Set yourself a timeframe and a deadline for goals. I emphasise this because no one can measure and alter time. You can't continue to desire to become a civil servant at the age of 28 or 32 (in some cases). If your goal is to crack the civil exam, do it before 28 or even before that if you can. Remember, time and tide wait for none.



Celebrate your success: Not celebrating achievements builds lethargy and discourages from having enough motivation and determination to take up the next task. Do remember to rejoice once the goal is reached and thank all those that are involved in the process - warning: resting on laurels can also mean slack.

Set a goal; have an organised approach and follow all the techniques to become successful. But it may not be as effective as you might have desired. To avoid slightest misfortune disappointments, groom your goal, to 'DOT' which is:

D-Determination: Be resolved constantly reminding yourself of the distance to go.

O- Optimism: Optimism is nothing but eliminating negativity* (read 'Art of Eliminating Negativity' for more). Your confidence should always be two notches above the usual. If someone disheartens you that you can't you should rise like the phoenix manifold times to achieve your goal, don't be content with just that and seek for more ideas. This will provide you with optimism beyond your capacity, and you will ultimately extend your boundaries to reach farther.

T- Temperament: This is perhaps the most important subject of human psychology. Tampering temperament will not take you anywhere, but have good aptitude to guide you well because it is nothing but your personality.

All have dreams, and so, goals whether conscious of it or not. The only difference is what and how.

- Author

Role model - a new definition:

A person or any living thing or an event that serves as an example or an inspiration enhancing one to learn and update his/her lifestyle for better. We were born replicating the DNA, copying the structure, traits and characteristics of our forefathers and parents. We learnt to speak by imitating others who spoke whatever language around us, the way they are dressed. Why shy away from aping the attitudes of those who are epitomes of success, icons in present and future. Do you know my pet dog is my role model to spread positive energy through enthusiasm? I do not remember a day or time he did not greet me with loads of enthusiasm wagging its tail till he was put to sleep. Please don't be happy with a few role models.

Case Study

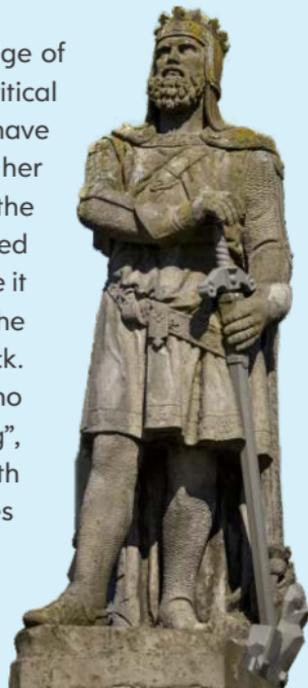
The king of Scotland, Robert Bruce, was both brave and wise. The times in which he lived were wild and dangerous. He created hope for the people of Scotland. In an ambitious pursuit to conquer all the neighbouring countries, the king of England declared war on Scotland and to chase Robert out of the land. Robert the Bruce waged battle after battle against mighty English army had led his brave little army against his vast and fierce English troops. He faced defeat several times, that sapped the morale of the Scottish army.

Every attempt was a lesson to Bruce, and every failure reduced his confidence, making him take desperate measures, the result is the same every time. After an inevitable a desperate and gutsy battle,

the king was forced to hide in the woods on the mountains. To make matters worse it started raining all over the land. Robert Bruce got frustrated with his pathetic condition as a king. He came to a cave. Listening to the water drops pouring down over the cave, he was tired and felt sick at heart. Just as the debris of the forest got washed away by the flowing water, so was his confidence to regain his throne. Much to his dismay, with no plan in sight, he found his hopes dashed. As he was awaiting his imminent death in the cave, he noticed something that changed his life and fate of Scotland.

Right over his head, he noticed a spider was trying to weave herself a web. Instinctively, he changed his place but could not stop himself from watching the spider. He found the spider was weaving its web to stay in with utmost artistry and care. Though he felt he could have been more careful before in building his kingdom than wait for desperate times, he still amused himself in watching the charming eight-legged weaver.

The spider had to throw her thread from one edge of the cave wall to the other side to make the most critical link, once the path was laid, the spider would not have any difficulty in completing her home and to trap her prey. Bruce sat upright and attentively watched the spider. First attempt failed, then the spider climbed back on to the ledge and plunged again, this time it was better but not good enough. Next time the spider went up higher and then tried with no luck. The spider persisted with its attempts with no success. It was her sixth attempt; "Poor thing", pitied Robert equating the spider's condition with his fate. "You too know what it's like to fail six times in a row" commented the humbled king.



Here comes the twist, while attempting the sixth time the spider fell because of slippery surface. He checked where the spider had fallen and to see if it was alright. The spider was okay and also making her way back to the promontory without losing hope. Robert the Bruce forgot his pitiable predicament and felt motivated by the persistence of the spider to achieve its goal. While the Spider leapt the twenty first time, the Bruce prayed for the spider's success. Would it fail? Would it fall again? No! The spider made it! Jumped and reached the other side of the wall. "Yes!" the Bruce cried out frantically and enthusiastically as if the victory of the spider was his own. "Found the way! Let me give a try shall try? Trial causes nothing" declared the King. Standing up from his place, he summoned his commanders. The ensuing Victory and Independence were inevitable to Scotland . The Bruce of Scotland took inspiration from the spider but improvised a plan to achieve his goal to regain his kingdom. Indian History chronicles Mohammed Gajini's seventeen invasions on Somnathpur.

Methodology:

Try, try, try till you succeed. Perseverance, persistence and Patience, interspersed with critical observation, visual aid, counsel of the brave.



Result: How did the king succeed the seventh time? This time he had pulled out all the experiences from his previous encounters with defeat and asked a scribe to list all his shortcomings from the earlier battles. He took counsel from his ministers and commanders and informed, “we have nothing to fill the gaps but use our homeland to our advantage.”

First, he had to gather the troops at one place, with a plan and encouragement and with a fixed time-frame. In the meantime, he had asked an architect to create a miniature of the battlefield and his troops. As his strategy unfolded, he would change places on his miniature to keep himself updated. This strategy worked, and his goal to retrieve his kingdom was successful. Not just victory but from then on Scotland is considered as an independent country and historians would trace their independence to this batter and Robert Bruce and the Spider story.

You and I have successfully reached a goal at this point. Celebrate life with a goal. Goals will fit you in lead roles/star roles where you ooze your positive energy to your team, audience, followers, or fans.

Cheers, Life is a game, let's play it....Thumbs up! Hats off to all success story tellers. Flags off! Get set go!...!...!



BIBLIOGRAPHY

- My Fellowmen
- Thirukkural
- Google/Wikipedia/YouTube/Facebook/WhatsApp/Gmail/
- Zimmerman B J (1989)–Self Regulated Learning of Adolescents to their Cognitive styles and family environment.
- Selective AV tapes of Osho/Rengarajan/Sadhguru Jaggi Vasudev /Jiddu Krishnamurti/BK Shivani of Brahma Kumari/Guruji
- Think and grow Rich by Napoleon Hill
- The Secret by Rhonda Byrne.
- Seven Habits of Highly Effective People – Stephen Covey
- Websites: www.who.int
- Who Wrote My Destiny - by Dr. P.R. Subas Chandran
- Why Mr. Modi should become the PM? - by Dr. P.R. Subas Chandran
- ఆకాశమేపాదు (Sky is the limit) - by Dr. P.R. Subas Chandran

REFERENCES LINK:

1. Latham, G. P. (2012). "Motivate employee performance through goal-setting". In Locke, E. Ed. Principles of Organizational Behavior. Wiley. doi:10.1002/9781119206422.ch9 ISBN 9781119206422
2. Carson, Paula Phillips; Carson, Kerry D.; Heady, Ronald B. (1994). "Cecil Alec Mace: the man who discovered goal-setting". International Journal of Public Administration. 17 (9): 1679–1708. doi:10.1080/01900699408524960.
3. Locke, Edwin A. (Spring 1996). "Motivation through conscious goal setting". Applied and Preventive Psychology. 5 (2): 117–124. doi:10.1016/S0962-1849(96)80005-9.
4. Locke, Edwin A. (2001). "Motivation by goal setting". In Golembiewski, Robert T. (ed.). Handbook of organizational behavior (2nd ed.). New York: Marcel Dekker. pp. 43–56. ISBN 978-0824703936. OCLC 44681839.
5. Locke, Edwin A. (May 1968). "Toward a theory of task motivation and incentives". Organizational Behavior and Human Performance. 3 (2): 157–189. doi:10.1016/0030-5073(68)90004-4.

OTHER POCKETBOOKS IN THE SERIES

1. Art of Beginning The Day
2. Art of Managing Time
3. Art of Eliminating Negativity
4. Art of Sterilising Stress
5. Art of Welcoming Failure
6. Art of Altering Attitude
7. Art of Developing Self Confidence
8. Art of Imbibing Individual Social Responsibility
9. Art of Eating Healthy
10. Art of Listening
11. Art of Speaking
12. Art of Reading
13. Art of Writing
14. Art of Communicating Non verbally
15. Art of Ramping Interpersonal Relationship
16. Art of Dating and Post Natal Caring
17. Art of Parenting and Career
18. Art of Caring The Elderly
19. Art of Sensitising Gender
20. Art of Rewarding Responsibilities
21. Art of Ending The Day

