

Introducing the ABCS of Goal Setting Transcript

Goal setting is a method of achieving success in the pursuit of your passions. The ABCS of goal setting is a future-oriented planning model, that can help you identify long-term challenges or goals to aim for.

The A.B.C.S of Goal Setting stands for Aim High, Believe in Yourself, Care and Commit to your goal and Specify and Self-Reflect along the way.

Let's explore this model further.

When you are setting long-term goals, you want to aim high! This means setting a goal that you're interested in and that will challenge you along the way. For example, you might be interested in a lead position at an organization for your career.

When goal setting, it's important to believe in your ability to achieve your goals. For example, you might recognize that achieving a lead position will take time and effort, but you are confident that your academic and work experience will make you a great candidate.

Long-term goals require care and commitment. This means staying motivated and continuing to strive towards your aim. For example, you might motivate yourself by taking small steps like planning time during the week when you can learn, research, or engage in activities that contribute towards your goal.

Finally, you want to specify and self-reflect during this process. This means being clear on what you want to achieve and reflecting on your progress. For example, while reflecting you might ask yourself: What have I achieved? What are some obstacles I still need to overcome? And What are the next steps to achieving my goal?

When goal setting, remember that everyone faces unexpected roadblocks or challenges that can impact the ways we achieve our goals. However, challenging times provide us with useful lessons and perfect opportunities to reflect and adapt our plans.