Mastering Your Mindset Live Training

The Power Of Accomplishing Your Goals

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Course Objectives:

✓ Discover why success has little to do with just working hard and being driven.

✓ Define two major factors that separate those who experience the satisfaction of achieving their goals, and those who never do.

✓ We will clarify the difference between self-esteem and self-efficacy.

✓ Learn how to regenerate motivation, optimism and drive without prematurely throwing in the towel.
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They need to be driven & work their tail off.

I, like most others, believed that success would come with work hard.

However, through the years my opinion has changed.

What I've discovered, is that ultimately success has little to do with just working hard and being driven.
I began to ask:

• What if accomplishing our goals & future success, wasn't just about working hard?
• How & why some people are so motivated to set and accomplish their goals while others are not.
• Why do some people achieve what they set out to accomplish and others give up?

Two key factors separate people who achieve their goals, and those who don’t! Grit and Self Efficacy!
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- **Grit** is defined as:
  "perseverance and passion for long-term goals"
Those whose personalities tested high in “grit”
- Could maintain their determination & motivation over long periods of time
- They maintained it in spite of their experiences with past failure and roadblocks

“Grit is stamina. Grit is sticking with your future goals day in and day out – not just for the week, not just for the month, but for years. Grit is living life like it’s a marathon, not a sprint.”
Even experienced runners know that making it through a marathon takes self-discipline & motivation but ultimately, a ton of Grit!

Grit can be learned and magnified with practice.

Here's how... *Truly believing in your ability; Self Efficacy.*

Insufficient self-efficacy is the most common obstacle for people who struggle to set and accomplish their goals.
Self-efficacy: How we feel about our ability to accomplish a goal.

In other words - *Does your inner self really believe that you are capable of fulfilling the goal?*

*Poor self-efficacy leads down a dark path of chronic self-sabotage-*

- If you don’t believe that you can accomplish your goals, resignation sets in & you never really try.
- Not trying then leaves you feeling unfulfilled & unaccomplished.
- **Poor self-efficacy robs you of drive and convinces you to abandon your dreams!**
Poor self-efficacy robs you of drive & convinces you to abandon your dreams!

• It’s so convincing that it fools you by normalizing bad behaviors that reinforce your inability to accomplish your goals.

On the flip side, strong self-efficacy empowers you to take control of your life and design your destiny.

• It’s that optimistic strength in your ability to follow through until you accomplish your goals.

• It can give you massive wings and create tremendous excitement about your progress, no matter what obstacles you face.
Let’s clarify the difference between self-esteem & self-efficacy. Both are developed during childhood & both impact self-confidence.

But...

• Self-Esteem is one's belief in their ability to achieve their goal.

• Self-Efficacy is how we feel about our ability to function in different situations. (and do whatever it takes to accomplish the goal.)
It is possible to have *high self-esteem but low self efficacy.*

- High Self Esteem says “I could run that marathon if I want to!”
- But Low self-efficacy says “I probably don’t want it bad enough to train that hard for it anyway”.

Makes sense? **How we feel about our own ability to overcome obstacles is the key!**

*Ok... How do we build Strong Self-Efficacy?*
Building Strong Self-Efficacy starts with being conscious!

To start, it’s important to choose small but achievable goals!

• If you set overly large, goals you’ll likely overwhelm & frustrate yourself & self-efficacy will not blossom.

• After picking smaller more attainable goals, you must be willing to readjust them to account for what happens in everyday life.
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Write this down!

1) Choose a small but achievable goal to start.
2) Be willing to readjust them to account for what happens in everyday life.

Remember: If you set overly large, goals you’ll overwhelm & frustrate yourself & **self-efficacy will not blossom**.

**Important:** Allowing room for readjustment is a crucial step in building strong self-efficacy.
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You must be willing to adjust your goals as needed really. The ability to re-adjust your goals with no change in your dedication is an example of growth in self-efficacy!

Why? Because you are showing confidence in yourself to follow through no matter what.

• Once you accomplish those small goals, you must acknowledge and celebrate the accomplishment.
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• Another **CRUCIAL STEP**: Yes, you **must** completely acknowledge that you accomplished it and the celebrate the accomplishment!

• People avoid celebrating small goals, but this is a crucial step!

• Recognizing and celebrating accomplishments **breathes life** into the very skill you are trying to **build & reinforces self-efficacy**!!!!!
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Henry Ford understood the importance of this concept by saying, "whether you believe you can or you can't, you are right."

* It’s your choice to decide that you can or decide that you can’t!
Remember that having poor self-efficacy creates a massive roadblock to your success!

Practice & Consistency is the key.
Repeated by many brilliant minds:
“Your beliefs become your thoughts.
Your thoughts become your words.
Your words become your actions.
Your actions become your habits.
Your habits become your values.
Your values become your destiny.”

This saying exemplifies the idea, that when we increase our Grit and Self-efficacy, we allow ourselves to persevere & succeed in meeting our goals, by maintaining the commitment to our vision.

We naturally regenerate motivation, optimism & drive, without prematurely throwing in the towel.

When feeling good about our accomplishments, we are hungry to do it again. Ultimately, I say make yourself right and believe that you not only can but that you will!
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• When we feel good about our accomplishments, we are hungry to do it again.

• Ultimately, I say make yourself RIGHT & BELIEVE that you not only can do it, but that you will!