

Goal Setting for Successful Personal Life Management

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Abstract: *Present scenario life of every human being moving fast and every day new challenges and opportunities faced by every person. To face any challenge occurred in personal or professional life or to grab many opportunities, goal setting is important tool for managing personal life successfully. Goal setting is not new or any modern concept but it is important for making path of successful life. Thus, Goal Setting is important for every phase of human life also when we think about globalized and competitive era setting goal is important aspect. From this point of view researcher wants to focus on utility of setting goals in day-to-day life for making life successfully. Apart from that, we seen so many people are unsuccessful or they cannot achieve their goals because they not prepare perfect action plan of their life. Therefore, this research paper helpful for preparing goals for successful personal life. The present research paper is prepared with the help of observation and secondary data preferred for this research. The process of goal setting, Principles of goal setting, development of SMART goals, techniques for successful personal life are bases of this research paper.*

Keywords: *Goal, Goal Setting, Personal Life, Professional Life, Life Management.*

I. INTRODUCTION

As we all know that, psychology of every human being is to be successful in their own personal life as well as to be successful in their professional life by increasing career path and achieving many opportunities. This is possible with the help of proper goal setting and application and execution of goals by proper way. Every day we seen that, there is cut through competition arises in day-to-day life and if we want to be successful person or if we want to face all types of situations tactfully and positively for that reason goal setting is must for every individual. Every human has beliefs, culture, principles and own rules and regulations made by every individual for making their life successful also every human being having own and unique nature and by this they set their own strategy for work and vision of personal life. Apart from that, we seen so many people are unsuccessful or they cannot achieve their goals because they not prepare perfect action plan of their life.

All human being has their own personal life. So, they can decide their rules, regulations and principles from their own experience, tradition in family and objectives he set for making his life successful. Still so many people were failing in their life and they change their attitude negatively. It happened because of some following basic reasons:

- Many People have not ability to listen “no” from others and face negative situation.
- Everyone having “ego”, “attitude” and “overconfidence” sometimes some people behave immaturely in wrong time or in wrong place, it badly falls in trouble.
- Some people may be irresponsible and not punctual for time or other working activities or accomplishment of targets in personal as well as professional life, it results that, life will be imbalance and many problems occurred in successful career.
- Many people think that they are only great person, senior most person with having some extra rights and benefits, also they assumed and self-declared that, only they having lots of knowledge and others are lower level.
- Most of people cannot think alternate option or way out or second plan for successful life and they failed in life.
- Several people cannot flexible or they not easily adjust to anywhere due to this nature of mentality many problems occur in personal and professional life and that person will never happy or successful in life.

All above points are very complex in nature and these types of people seen and experienced by every individual in day-to-day life.

II. GOAL THEORY

Goals are well-defined targets or aims or objectives that give you proper direction or path or way and motivation to implement with proper plan for making life successful – they are your pathway or route to success (that is, what YOU consider to be success), your life's plan, your personal guide to the future. It means it is the psychological process that helps to get correct course of action what you exactly want from your life. Alternatively, what you want to deserve from your life, for making successful life management goal setting is important tool.

From following example, you can find behavioral profile:

Behavior profiling began in the late 1920's because of psychologist Dr. William Marston's theory that there are four basic personality types - D for Dominant, I for Influencer, S for Steady and C for Compliant (or DISC for short). Over the years, different versions of the same theory developed including BEST (Bold-Expressive-Sympathetic-Technical) and Dr. Gary Couture's version using bird names (Dove, Owl, Peacock and Eagle). The 'bird' version has become quite popular as most people can relate easier to a visual object like a bird, rather than just a descriptive word. For this reason, we'll go with Dr. Couture's 'bird' version – besides, wouldn't you rather describe yourself as an 'Eagle' or 'Dove' instead of 'Dominant' or 'Compliant'?

Every human being fit into one of these basic personality types, which define the way we interact with other people, the way we go about life, our personal drivers and how we succeed. We often relate and connect better to people who have a similar behavior profile, and find other behavior patterns trying and maybe even a little frightening. But more importantly, these behaviors have a major impact on how we progress through life. In this theory there are Four behavior types, In a nutshell they are explained as below:

1. **Dove:** The kind and peaceful dove. The dove is people-orientated, loyal, friendly hard working and a great team player but tends to avoid change, confrontation, risk taking and assertiveness. This type of people adjust anywhere without any rigidity also they want to live their life peacefully without too much hopes and dreams. Furthermore, limited expectations from their life.
2. **Owl:** The intelligent owl. The owl is logical, mathematically minded, methodical and sometimes seen as a perfectionist. The owl can be slow to make decisions and inflexible if rules and logic says otherwise. Owls are not big risk takers but love detail. That means, this type of people passionate, having great imagination capacity and try to explore new avenues.
3. **Peacock:** The eye-catching peacock. The peacock loves talking; being the Centre of attention has passion/enthusiasm and is happy/ optimistic. Peacocks can be accused of talking too much, and are not good with detail or time-control. Many people having this type of nature because everyone wants to be in limelight or getting maximum attention from other people. But they are not perfectly knowledgeable so that, while setting goals some problems may be occurred.
4. **Eagle:** The courageous eagle. Eagles are dominant, stimulated by challenge, decisive and direct. Eagles can be blunt/ stubborn, can lose sight of the big-picture and can be insensitive to other people's needs. Eagles are natural achievers. They are risk taker and they mold their self as per situation arises and they fight and overcome in any situation.

This theory is very interesting and helpful to define where we are and what we want to achieve from our life. For successful life management this theory useful as well as important for setting and achieving goals.

III. OBJECTIVES

1. To study about SMART goals for making personal life successful
2. To study various types of personal goals
3. To study steps of goal setting

IV. DATA COLLECTION

1. **Primary Data:** It is the data, which originally find by researcher with the help of questionnaire, Interview and observations. For this research paper, general observations and day-to-day experience considered for preparing goals aimed at personal life.

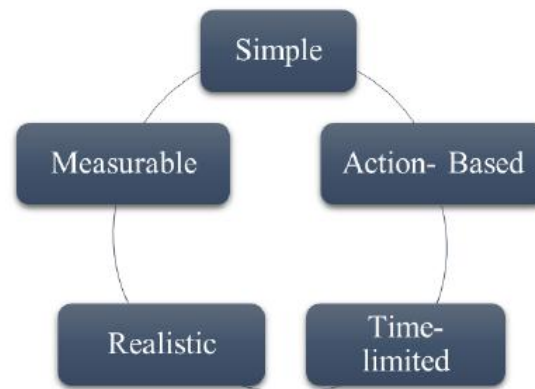
- 2. Secondary Data:** It is readymade data available on websites, published material, reference books, Journals and Magazines. For this research, data collected with the help of published and unpublished material and from websites.

V. LIMITATIONS OF RESEARCH

This research paper based only on Personal life Management of human being by using observation skills.

SMART Goals:

SMART goals are essential for making life successful as well as setting appropriate targets, which wants to be achieve by everyone. For this reason, some psychologists prepared SMART technique for setting perfect goal. It includes following points:



SMART goals have above five aspects to make goal clear and achieve it by motivating and informing other individuals who helps you to achieve your goal.

SMART goals have following features:

- Goals should be specific as possible
- If goal is not measurable it is not possible to know whether progress towards successful completion
- A goal needs to be achievable but it is not so easy
- Goals always supports relevant goals for making life successful
- Goals should be established as per the need and urgency that means goals should be set based on priority.

VI. APPLICATION OF SMART GOALS

SMART Goals	Do's	Don't
S- Specific	Set real numbers with real deadlines	Don't say that I want more visitors
M- Measurable	Make sure your goal is traceable	Hide behind exhortations
A- Attainable	Work towards goal i.e., challenging but possible	Try to take over the world in one night
R- Realistic	Be honest with yourself	Forget any hurdles you may have to overcome
T- Time bound	Give yourself a deadline	Keep pushing towards a goal you might hit "someday"

Various Types of Personal Goals:

There are so many goals for managing life, out of them some important goals mention as follows:

- 1. Short Term Goals:** these goals based on day-today activities, for a month, or for specific target within short time period.

2. Long Term Goals: These are goals used to manage personal life successful. Because it is the part of future planning of person.
3. Lifetime Goals: It is the goal, which will be occur once or may be twice in life. So, this goal important to set life value of an individual.
4. Health and Fitness Goal: This goal important for maintaining health and fitness physically as well as mentally.
5. Career/ Educational Goal: This goal important to make path of professional life, which is important to select perfect profession, also it gives idea which kind of work suitable and how to get success in it.
6. Financial Goals: These goals set for making strong financial and economic condition of individual by investing money in various options available in market.
7. Personal Development Goals: This goal is very crucial and complex in nature. In this goal individual find their weakness, work on it, for betterment, develop his skills, and try to be succeed in personal development.
8. Personal/ Family Goals: These goals are set on the basis of priority of family values, culture, rules and need of family members as well as personal priorities.
9. Relationship Goals: Making life successful and achieving goals in career maintain lifelong relationship is very important factor. For this, selection of proper person or group of people is important.
10. Experimental Goals: These goals based on trial-and-error basis. These goals are made because of need or to achieve any situation but it is not mandatory to be succeed in this goal.

Steps in Goal Setting:

Following are ten steps of goal setting for positive, better and successful personal life:

1. Identify your goals: If you know yourself and your capabilities, u can think and may be prepared proper goals very easily.
2. Write your goals down: When we think or say about goals it must be keep in mind that, you have to prepare more than two or three goals and put down in to your notebook or make a chart and keep on wall to see regular and you will get energy and positive attitude about your personal life.
3. Needs analysis: When you set goal then every time you need analysis it means you compare and analyze yourself in every stage for achieving goals.
4. List benefits and obstacles: in this step, you have to know whatever goals you set there are some positive and negative sides for that reason you have to be prepared be flexible while setting goals.
5. List objectives: Objectives are short term and long term or may be set as per priority. So, for making personal life positive and better you have to make a list of objectives as per priorities and personal requirements.
6. Create plan of Action: When you set objectives then you prepare a road map i.e., how to achieve goal? What are ways to achieve goals? If I cannot achieve goal then what is my next destination or alternative? All these questions considered in this step.
7. Share your goals: you can share your goals with your guide, mentor, family or any person on whom you trust. By sharing your goals, you may be get so many ideas, opinions, which are helpful for your successful personal life.
8. Continuously act on and assess your goals and objectives: In this step, you can be continuously assessing your goals at every course of actions. It will helpful for walking on correct track.
9. Celebrate: Whenever you achieve goals then every time you celebrate your success. It will helpful for making positive attitude in individual.
10. Periodically evaluate your goals: In every stage, you have to evaluate your goals. That is useful for achieving your goals within time.

Suggestions for Setting Personal Goals:

Following are some important and highlighted points, which will be useful for setting personal goals for managing successful life.

1. Try to cope up with stress.
2. Start and improve good habits and eliminate bad habits.
3. Leave expectations from other people and concentrate on your own strength.

4. Learn from failure and try to overcome from failure with positive approach.
5. Improve your growth mindset and try to avoid negativity
6. Learn to accept your own limits and try to make work in it.
7. Try to find new opportunities and improve your learning attitude.
8. Improve communication skills for making proper life balance.
9. Set your own values and try to follow.
10. Develop Time management and stress management skills.

Area of Further Research Study:

1. Study on Career and Professional Goal Setting
2. Study on Stress Management in workplace
3. Study on Mind management for balancing work culture
4. Analytical Study of Personal life management as per age group of individuals.
5. Comparative Study on Personal Life Management from the point of view of Men and Women.

VII. CONCLUSION

Form all the above points it is conclude that, if you prepare proper and achievable goal and made appropriate road map then only you can be successful in your personal life. Because, in life every day we manage so many things. However, in some cases we fail or cannot achieve goal. At that time, SMART goals are helpful for making positive attitude with successful life. So, be prepared to earn the benefits of your struggles as you take control of your life with goal setting success.

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