

# Independent Learning Newsletter Tips

## Achieving Your Goals

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

### To create a more positive attitude:

- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed eg. your teacher says well done on your work.
- Don't stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

### Other reasons why we don't achieve our goals:

- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

### If you are still not achieving your goal try this:

- Clarify your goal.
- Write a list of actions.
- Analyze, prioritize and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly

You can learn more about goal setting and many other topics to help you achieve your best at school by going to the links section in your portal and opening the ELES handbook:

