

Goal Setting Reflection Paper

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“Hay is for horses as goals are for humans,” my saying goes or another way is, “Goals need you as much as you need them.” One quote people would know comes from Paul Hanna who said, “Goals are dreams with deadlines.” Now I could lie and say, “Yeah, I use goals all the time, that’s how I finished high school.” The real reason I finished high school was because I wanted passionately to get out as soon as possible. My main focus then was not to graduate, but instead to move on quickly even if I had no idea where I was going, which I didn’t know, plain and simple. Until recently, I was pushed by my own greed to just get things done, I wanted to be free, not to do my best, just to finish so I could have my time to do what I wanted or felt like doing. The picture I’m painting now shows a picture of what I believe in, and now I realize life isn’t about just getting by, but about bringing all you are to something that gives you and the task more meaning. In the next paragraphs I will explain what I expected to happen, what actually happened, what I learned, and how I will apply what I learned to future planning and thinking.

When I first began this assignment I was thinking, “Alright George, get this over with so you can go relax.” Really, that’s the first thought that came to my mind, I will work just enough to get by, choose just to forget, and to go back to my old habits. I have always felt that I enjoy being comfortable. When I think about it now I do enjoy being comfortable. So I have made it a goal to not get too relaxed, only when I have earned it. I plan to help myself along with this by using a complimentary or praising gift. This will reinforce my positive actions with something I can see, touch, smell, feel and even taste. So it’s like I give a gift to myself then reinforce it with another gift or punish myself with taking away something I want which I’ll explain later.

The first few days I regressed back in to my old habits; going to bed late, waking up late, waiting to the last minute to do my work, spending too much time relaxing, not eating right, studying rarely and not focusing on what the teachers were talking about. I also went to my

classes a little late and mainly not ready to learn. When trying to focus its better to satisfy your sleep requirements before trying to focus. My goal wasn't reinforced because I didn't read it before making a choice or evening trying to remember it. My school didn't deserve the way I was treating it and when I remember my main goal I felt sick. I felt so sick I couldn't even enjoy my relax time that I know I didn't even deserve. This was not how I wanted to feel, but deep down I knew "I" was letting myself down. The next few days I chose to read my quotes about power, focus, and how to talk to myself as another person. The last two days I woke up tired yet read my quotes, got ready, and did all my work to the best of my ability. What surprised me was when I felt doubt in myself or got unfocused it was my thoughts and words that brought me back to my focus zone. That night I went to bed on time, woke up early, and I knew what was expected on that day and I was able to stay focused with minimal distractions. What I rewarded myself I earned that day. By going to bed the day before I woke up early which was a win, got to study more and with a clearer mind understood better, and gave myself a treat by relaxing more. So it was three direct gifts and one indirect gift of spending more time relaxing.

I am grateful for my goals I have set and my resolve to see them come true. I learned that I am my very own employee, manager, and customer because I do all the work, I watch the work being done, comment, and as a customer I reap the benefits of everything I do. My drive was not there in either one of the workers or the customer; they didn't care or were not clear on the benefits they would receive. If this was a real company I would have been put out of business by my own employees for not giving the customer what he wanted (the best). Now when I start an assignment or plan to do something I will plan ahead in steps that reflect my three minds which all have something to benefit because if one benefits then they all do. I will first create a monthly planner which will pour down into a weekly planner which will pour down into a daily planner;

all will let me know where I'm at during the steps. This time around I will bring my focus in the form of paper and pencil to do my best.

In conclusion, I will succeed to help both of my workers to do their best work and for my one customer to truly get what he deserves. This will enable me to help others who in turn will help me to grow even more. The whole process will and always will start with me and will show me who I really am, being it a great boss and worker who my customer can't live without or a customer who is blind to what is going on and buys what the workers give him. I plan to go ahead to get ahead of everyone else.