



The role of goals and self-efficacy in creating good habits



WATCH YOUR THOUGHTS;
THEY BECOME WORDS.
WATCH YOUR WORDS;
THEY BECOME ACTIONS.
WATCH YOUR ACTIONS;
THEY BECOME HABIT.
WATCH YOUR HABITS;
THEY BECOME CHARACTER.
WATCH YOUR CHARACTER;
IT BECOMES YOUR DESTINY.



My goal: to help you become life-long learners who continually seek to grow and better themselves and the world around them

- The importance of habits: "If you want to change the world, start off by making your bed"
- <https://www.youtube.com/watch?v=0iaGn8pqQQE>

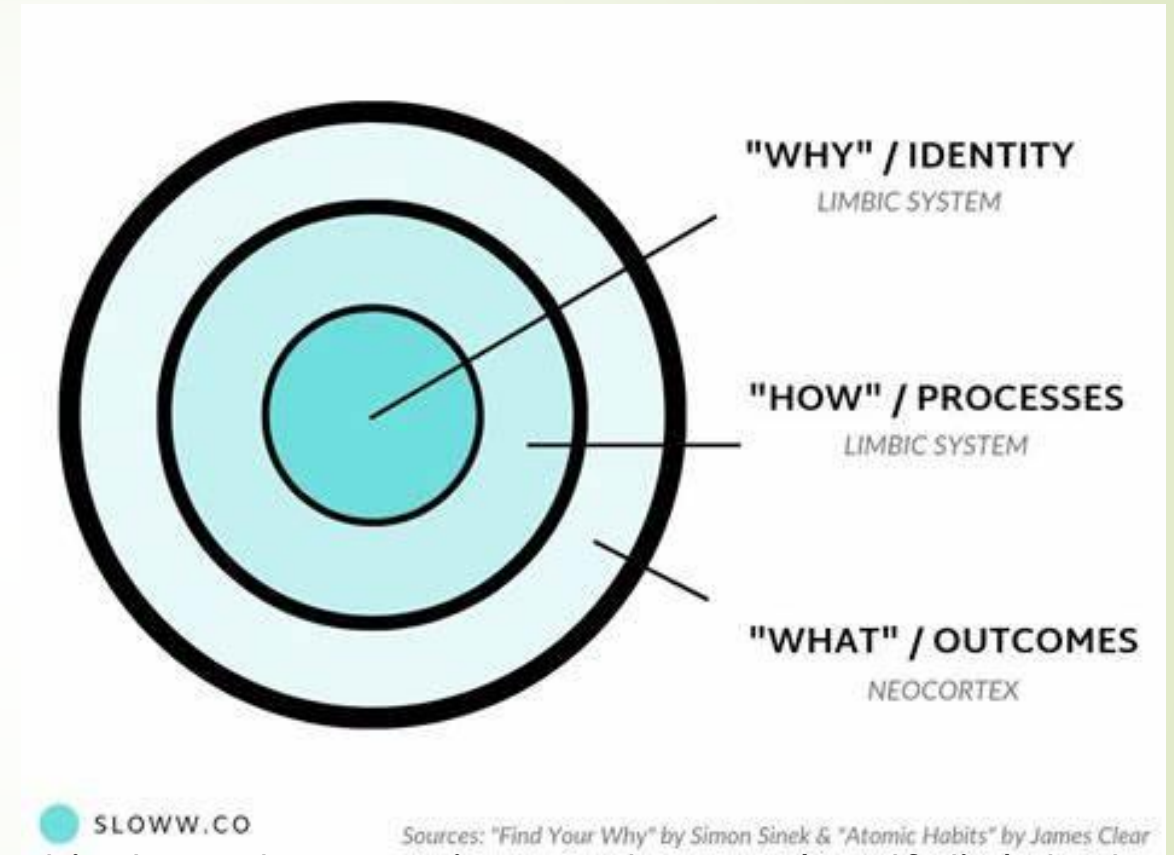


The importance of Practicing your habits

- ▶ 2 minute rule: <https://jamesclear.com/how-to-stop-procrastinating>
 - ▶ Wanting to have a goal of “not being lazy” is vague and difficult. Having a goal of starting each week by taking 2 minutes to write a SMART goal is specific and easy. Studies show one leads to the next
- ▶ Quantity trumps quality when it comes
 - ▶ Experiment: students either graded by getting 100 pictures over a semester (quality doesn't matter) or graded by getting 1 good picture. The students that took 100 pictures produced the “best quality” pictures
 - ▶ <https://www.theladders.com/career-advice/why-embracing-imperfection-will-help-you-achieve-your-goals-faster>

Having good habits to create sustainable goals

- ▶ Doing something because you are told to or expected to create a certain outcome is a test of endurance. Doing something because it is part of your identity comes naturally and is sustainable



- ▶ Segue into self-evaluation: The goal is to not just produce a given outcome (portfolio), but to identify as someone who creates quality work and be comfortable in saying so
 - ▶ Link: <https://forms.gle/6SoMm21CqnsnymVj6>