

Motivation Through

Goal Setting

How many of us have set a Goal?

- S...
- M...
- A...
- R...
- T...

What we want from Life?

1...

2...

3...

What drives you?

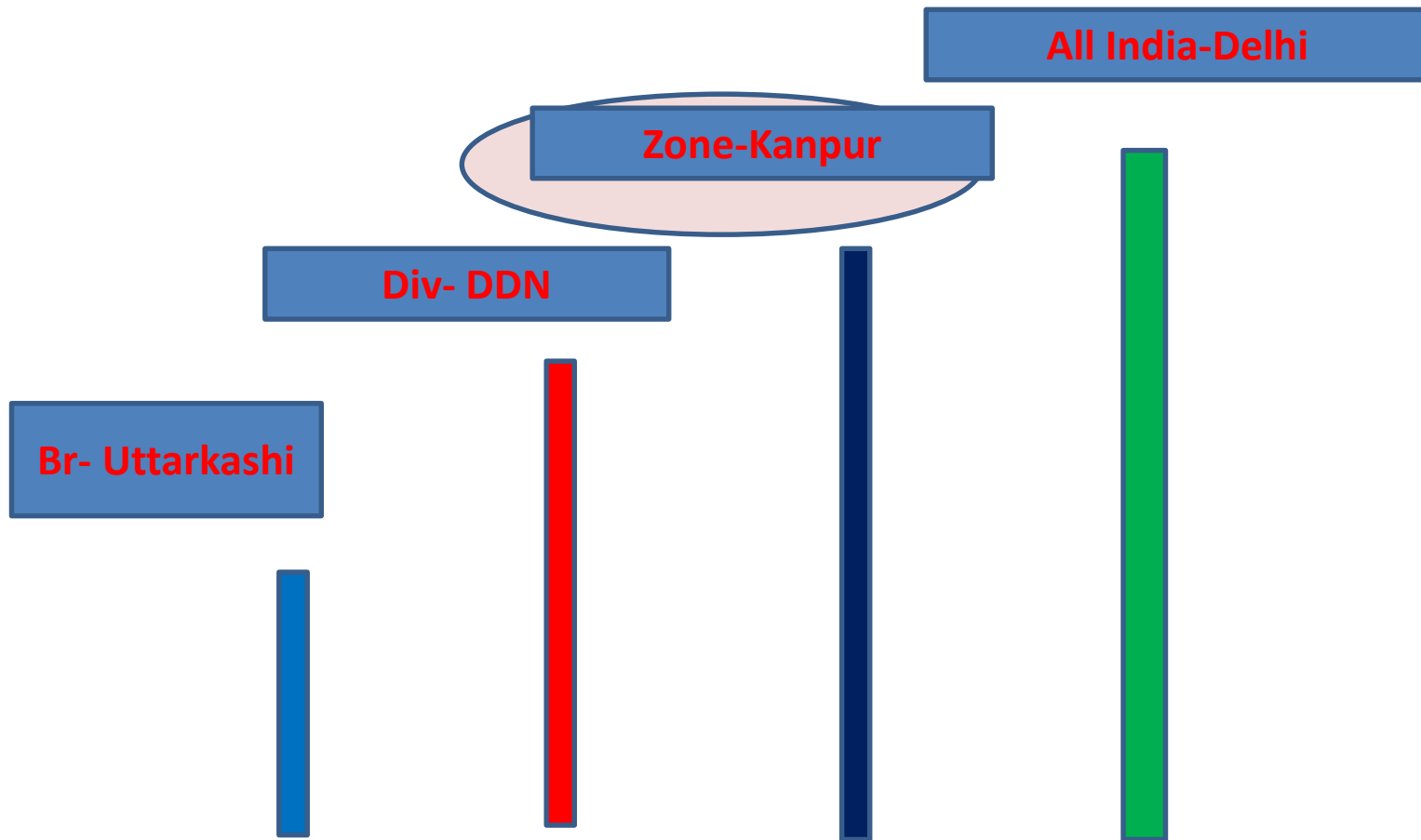
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Jack Ma





1500M, 800M, 400M (Oct, 1996)



Div- DDN

- 800M- 1st
- 1500 M – 2nd
- 400M- 1st

Zone-Kanpur

- 400 M-4th
- 800 M- 2nd
- 400 M- Hurdles -3rd

Goal Setting

- G
- P
- A
- T
- S

Process

- AREA/FIELD
- GOAL
- INTERNALISE/AFFIRM
- PLAN
- PRACTICE- on TIMELINE
- REVIEW at MILESTONES
- ENHANCE EFFORTS

Success

- **Hard Work- key** **Dream**
- **Health** **Discipline**
- **Honesty** **Dedication**
- **Happiness** **Determination**
- **Hobby** **Decision**
- **Help** **(find out the key)**
- **Harmony**

UNCERTAINTY

UNCERTAINTY IS CERTAIN

NEVER MIND IF YOU HAVE TO TRAVEL

ON A BAD ROAD.. YOUR NEXT JOURNEY

MIGHT BE BLISSFUL.. TAKE THE FIRST STEP

BELIEVING .. UNCERTAINTY IS CERTAINLY

CERTAIN

POWERFUL WORDS

A- ATTITUDE, ACTION, AFFECTION

B- BELIEF

C- CONSISTENCY

D- DREAM/DISCIPLINE/DECISION

E- ENTHUSIASM/EMPATHY

F- FRIENDSHIP

G- GENEROSITY

- **H- HARD**
WORK/HONESTY/HAPPINESS/HOBBY/HELP
- **I-INTEGRITY**
- **J-JOY**
- **K-KINDNESS/KNOWLEDGE**
- **L-LOVE**

LIFE...