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Micro-Goals are the Key to Success

Presented by Jason Korb, KI5ABB

Micro-Goals are the Key to Success

A little progress is better than no progress.

We all have big goals, projects, and dreams, but we often fail to complete them because we bite off more than we can chew. This leads to discouragement and even depression as we begin to feel like a failure. According to a study by the University of Scranton, 92% of people quit their goals. That means only 8% of people are succeeding!

We all have long term goals, but when we break down what it takes to achieve these goals, we get overwhelmed. The sheer weight of it all drains us.

Think about New Year's Resolutions. We start out super motivated and raring to go. We want to change so much. We join the gym, overhaul our diet, and start reading too many books. And then we quit.

We quit because we've taken on too much, and our goals seem unachievable. We tell ourselves we'll never finish anything, so what's the point?

Because *Rome wasn't built in a day. How do you eat an elephant? One bite at a time! A journey of 1,000 miles begins with a single step.* Micro-goals!

What Is a Micro-Goal?

A micro-goal is exactly as the name suggests: a small goal that will ultimately lead to your long-term goal. Or simply, a goal that is too small to fail.

Micro-Goals Create a Detailed Plan

In Stephen Covey's book "The 7 Habits of Highly Effective People," the 2nd Habit is to "Begin with the End in Mind." Once we establish our goal, we can look at it in pieces and break it down into small steps or micro-goals. Be specific with micro-goals for maximum success.

Micro-Goals Increase Motivation

One reason why people quit their goals is that they don't see progress. We live in a world of instant everything, and we want to see results now.

With micro-goals, we will see faster results because the tasks are smaller and more comfortable to tackle. As we see progress, we will be more likely to continue, and the motivation increases.

Manageable is the key to not quitting.

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Micro-Goals Lead to More Happiness

One of the main reasons we quit our goals is a lack of self-esteem. We attach negative thoughts to our objectives. “I can’t do it.” “It’s too hard.” “It’ll never get done.” Let’s flip the narrative.

As we complete items on our to do lists, our brains produce dopamine, the feel-good chemical, which increases our happiness. If we are happy and seeing results, we will be more likely to complete the task.

Micro-Goals Provide Less Chance for Failure

There is less chance for failure because micro-goals are simple. It takes away the long-term stress.

Small goals give us more control. If something doesn’t work, it is effortless to switch gears and try something else. Less time is wasted and thus improved efficiency.

Micro-Goals and ARES

We can incorporate micro-goals in our ARES activities to help us achieve our goals. By breaking down our major projects into smaller pieces, it will be much easier to see what needs to get done. It will also be easier to delegate different tasks to members based on their strengths and the tasks will be less daunting.

The beauty of micro-goals is they can be applied to virtually anything: personal goals such as reading a book a month to professional endeavors such as writing a novel. The opportunities to maximize our goals are endless.