

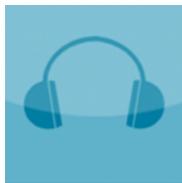
# PHC

## Positive Mental Attitude & Goal Setting

Positive mental attitude (PMA) is a concept first introduced in 1937 by Napoleon Hill in the book 'Think and Grow Rich'. PMA is defined as an application of 'plus' characteristics, described by words such as faith, integrity, hope, optimism, courage, initiative, generosity, tolerance, tact, kindness and good common sense.

PMA is that philosophy which asserts that having an optimistic disposition in every situation in one's life attracts positive changes and increases achievement. This concept is the opposite of negativity, defeatism and hopelessness.

Having a PMA has a proven positive effect on health, with a significantly higher chance of survival and recovery than those who are pessimistic towards their illness.



### Setting Goals:

Everyone has dreams. Goal setting is the first step toward turning a dream into a reality.

A goal is a target. Think of the long term goal as a reward at the top of a ladder. To reach this goal, you need to progress up each step of the ladder, using short term goals.

Each step contributes to the achievement of a goal and supports your personal values.

- To set a goal, first identify what you want to accomplish in life.
- Write down everything you can think of, including personal, career, and educational dreams.
- Next, review the list and choose which items you most value. In reviewing your list, ask yourself where you want to be in one year, five years, and 10 years. The items you identified are your long-term goals.
- Keep each goal realistic and something you truly want.
- Each goal should be attainable, yet challenging enough to work toward.
- Identify why each goal is important to you



### Long and Short Term Goals:

Short-term goals are goals that can be reached within a year's time. They are commonly set to help reach long-term goals.

Short-term goals can be achieved in one day, a week, a month, or even several months.

As short-term goals are met, long-term goals should be updated.

- Short-term goals (objectives) must be realistic, achievable, and important to you.
- They need to be measurable so you know when you have actually reached them.

### Example of short term goals leading to one long term goal:

The long term goal might be to buy a car in one year's time.

To achieve this you need to set several short-term goals, one being to save a specific amount of money each month. To do this, you will need to work a certain number of hours each week.

You need to be specific about the type of car, whether to buy used or new, and whether you need to take out a loan.

The answers to these questions will determine how much money you need to save each month and if the one-year time frame is realistic.



### **Take Ownership of your Goals:**

After you have written positive and detailed goals, you need to own and take control of your goals. Owning the goal ensures that the goal belongs to you. You are the one who should decide your goals, not your parents, spouse, significant other, friends, relatives, or anyone else.

### **Creating a Life Plan:**

Identifying goals contributes to the creation of a life plan. A life plan is a written document that identifies goals for all areas of your life, including career, family/social, spiritual, and financial.

Consider what you want in the following areas of your life:

- Education and career: Degree attainment, recognised vocational qualifications, particular job titles, specific employers
- Social and spiritual: Marriage, family, friends, religion
- Financial: Home ownership, car ownership, investments
- Activities: Travel, hobbies, life experiences

Create goals for each of these major life areas and establish goals that reflect your values. Note that some goals may blend into two or more areas.

Remember that goals can change over time; stay focused but flexible

### **Priorities:**

Priorities determine what needs to be done and in what order. Properly managing priorities is a valuable tool for reaching goals.

As you work toward your goals, priorities may change. There may be a period when your first priority is not necessarily what is most important in life; it is just that a particular activity demands the most attention at that specific point in time.

### **Trade Offs:**

A trade-off is giving up one thing to do something else. Using the example of wishing to purchase your car within one year; you need to save a certain amount of money each month. In order to do this, you may have to give up buying coffee each morning and instead make coffee at home in order to save enough money to purchase the car.



### **Finally:**

Life plans require flexibility. When working toward goals, be flexible. Times change, technology changes, and priorities may change, all of which affect your goals. Reevaluate your goals at least once a year.

Do not abandon a goal because a situation changed—simply modify the goal and move forward.

**Summary of Key Concepts:**

- How you view yourself dictates how you treat others and what type of partner/friend/parent/employee you will be.
- Your views of yourself, your environment, and your past experiences comprise your personality, values, attitude, and self-efficacy.
- Negative past experiences create unnecessary baggage that either delays or prevents you from reaching your goals. Acknowledge and begin dealing with these negative experiences.
- Goal setting is important in helping you keep focused. It will enhance your self-concept and help you become more successful in all areas of your life.
- As goals are reached, motivation and self-confidence will increase.
- Goals need to be put into writing. They need to be realistic and measurable. Know who owns the goals and who controls the goals. A time frame is needed to know when you plan on reaching these goals.
- Long-term goals are set to be achieved in five to 10 years.
- Short-term goals are achieved within a year's time and are needed to reach long-term goals.
- When creating a life plan, consider all aspects of your life, including personal, career, and education.
- Flexibility and properly managing priorities are needed to successfully achieve goals.