



The Science of Goal Achievement

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Welcome!

- Say hi in the chat box
- What is your field of study?
- What made you attend today?





Agenda

- 1 Warm-up
- 2 Motivation fuel & barriers
- 3 WOOP
- 4 Practice
- 5 Leave w/ a plan
- 6 Questions



Warm-up

- Think about who or what is most important to you.
- Write a word to represent it.
- Share in chat
 - One value you wrote down and why it is important to you.



Reflecting



Writing about values...

...is one of the most effective psychological interventions ever studied. When you reflect on your values, the story you tell yourself about stress shifts. You see yourself as strong and able to grow from adversity. You become more likely to approach challenges than to avoid them. And you are better able to see the meaning in difficult circumstances.

McGonigal, K. (2016) *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It* (p. 68).

Benefits of Writing about Values

Short-Term

- Increases sense of control & strength
- Increases feelings of love, connectedness and empathy toward others
- Increases pain tolerance
- Enhances self-control
- Reduces unhelpful rumination after a stressful experience.

Long-Term

- Boost grades
- Reduce doctor visits
- Improves mental health
- Helps with weight loss, quitting smoking & reducing problem drinking.
- Increases perseverance in the face of discrimination
- Reduces self-sabotaging behaviors.

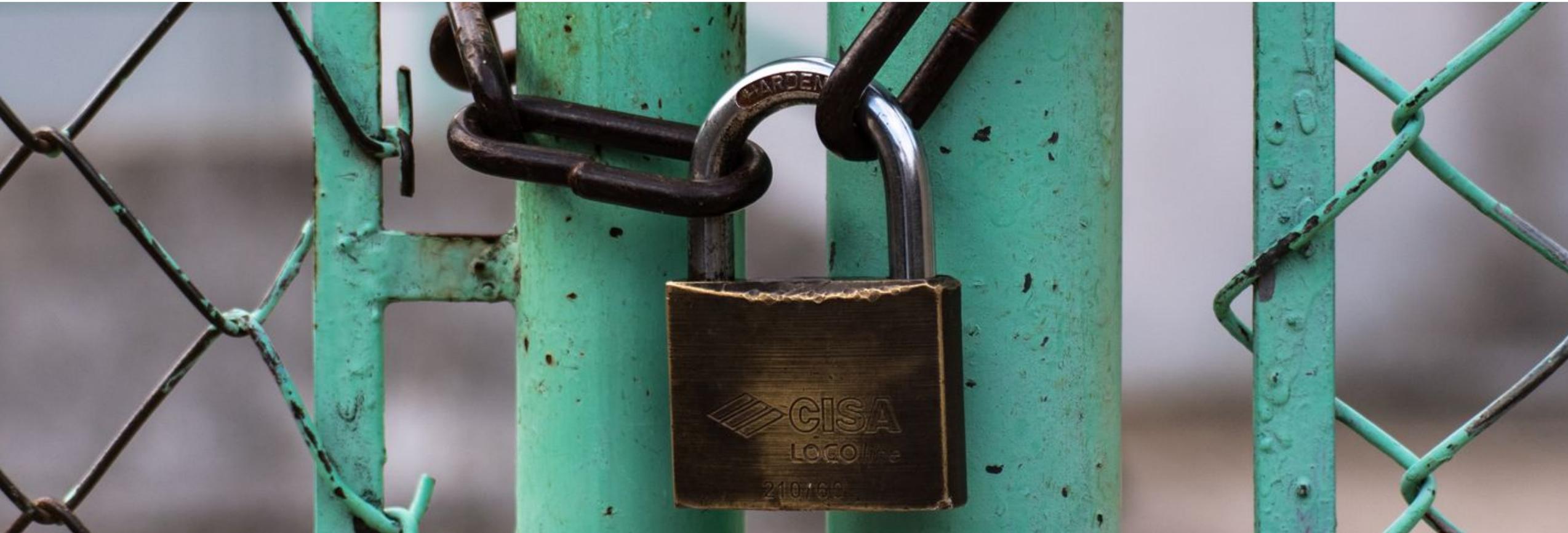
Motivation Fuel

- Important
- Clear goals
- Known pathway
- Self-efficacy
- Self-care
- Feels good

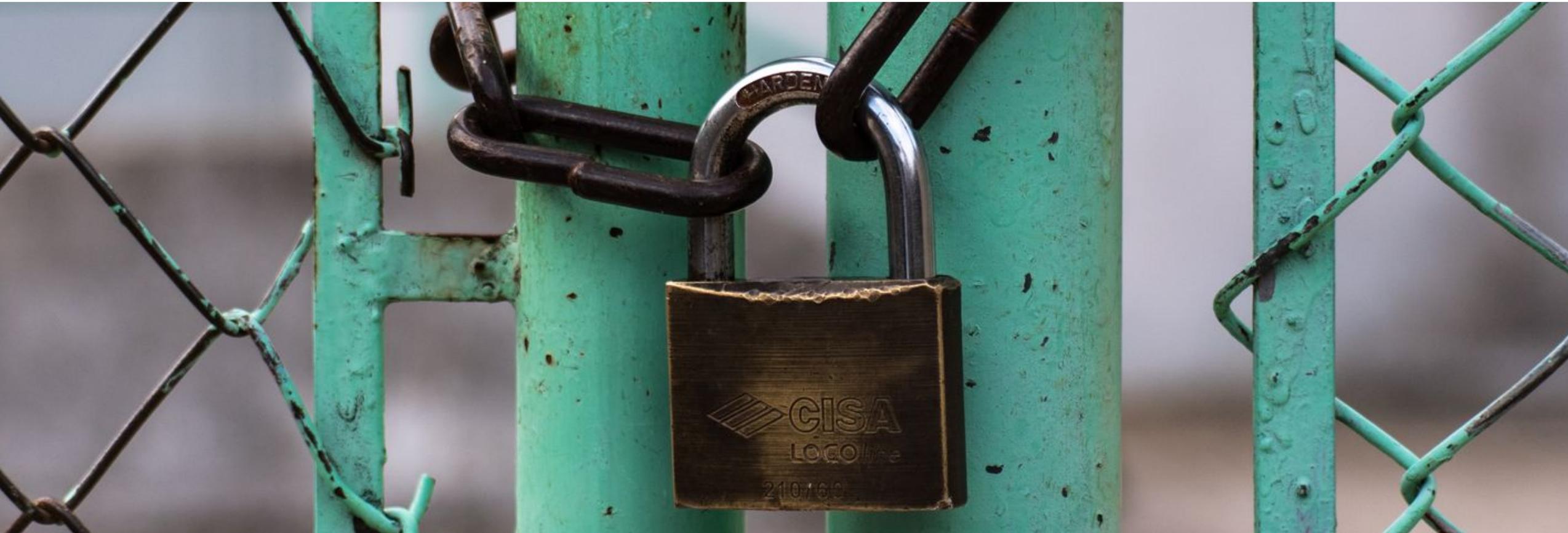
Motivation Fuel

- Important*
- Clear goals
- Known pathway
- Self-efficacy
- Self-care*
- Feels good

What are the barriers to goal achievement?



We are!





Wish

- What is your most important wish or concern?
- Pick a wish that feels challenging but that you can reasonably fulfill within the next four weeks.
- “I want...”
- Is this wish dear to you? Why?



Outcome

- If your wish is fulfilled, where would that leave you?
- What would be the best, most positive outcome?
- How would fulfilling your wish make you feel?



Obstacle

- What is it **within** you that holds you back from fulfilling your wish?

An emotion, an irrational belief, or a bad habit?



Plan

- What can you do to overcome your obstacle?
- Identify one **action** you can take or one **thought** you can think to overcome your obstacle.



Creating a Plan

with Implementation Intentions

- **Peter Gollwitzer, Ph.D.**
 - When
 - Where
 - How?
 - If (situation Y), then I will do (action Z).



Creating an Implementation Intention

What is 11×23 ?

Every Wednesday
before noon
for 4 weeks

- I will perform as many math problems as possible each Wednesday at _____ (time specified by student).
- If it is Wednesday at _____ (time specified by student), then I will perform as many math problems as possible.



Plan

w/ Implementation Intention

- What can you do to overcome your obstacle?
- Identify one **action** you can take or one **thought** you can think to overcome your obstacle.
 - “If... (obstacle), then I will ... (action or thought).”
 - ”If...(what, when, where), then I will (how, who).”
 - How will you hold yourself accountable for this plan?



Questions?

Resources

- **The Willpower Instinct, by Dr. Kelly McGonigal**
- **Rethinking Positive Thinking: The New Science of Motivation, Dr. Gabrielle Oettingen**
- **woopmylife.org**

A person stands on the peak of a large, rugged rock formation, their arms outstretched in a gesture of triumph or gratitude. The sky is filled with dramatic, dark clouds, with a vibrant sunset or sunrise glow in shades of orange and red behind the person. The background shows a vast, hazy landscape of rolling hills and mountains under a twilight sky.

Thank you!

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