

# Goal Setting in Japan

**By Lindsay Lamp**

# Today's Topics

- How to set “good” goals
- How to categorize your goals
- How to maintain motivation
- How to reframe our thinking
- Why we should be happy

# How to Set a “Good” Goal

And what that means

1. Measurable
  2. Achievable
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## Measurable

- Specific
  - Set a time limit and amount
- Can be measured

Example: I'll study for **one hour** (time) **every day** (amount).

## Achievable

- Can be completed in the given time and amount
- Not too easy, but able to be comfortably tackled
- Can be adjusted to be more challenging in the future

Example: I'll take a 5 minute walk twice a week.

# Try an Example

You're someone who doesn't particularly like exercise, but for the new year, you decide to “exercise every day.”

1. What's wrong with this goal?

2. How can we improve this goal?

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# Types of Goals

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# There are 4 main categories

And they're very straightforward

1. Daily
  2. Weekly
  3. Monthly
  4. Yearly
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# Daily

- You do it every day
- Small and routine
- Can become habits with regular engagement

*Examples:* make the bed, do the dishes, study for 30 minutes

You can also:

- Track habits that you'd like to engage in *most* days

*Examples:* spend less than ¥1000, no alcohol, less than 3 hours of screen time



# Weekly

- You do them every week
- More freedom than daily goals
- Can be scheduled in when you have time, or split up between days

*Examples:* Clean the apartment, write a lesson plan, exercise 3 times for 30 minutes

# Monthly

- You do them every month
- Appropriate for experience-based goals

*Examples:* Read one new book, watch one new movie, cook one new recipe

- Hobby-based goals

*Examples:* Finish a piece of art, learn a new song on piano

- Budget-based goals

*Examples:* Save ¥50000, put \$100 towards investments

# Yearly

- Something you'd like to accomplish in the next year
- Can be specific, one-time experiences

*Examples:* Travel to 3 new prefectures, try bungee jumping

- Can be built up to using daily, weekly, monthly goals

*Examples:* Pass the JLPT N3, run 10km in under an hour

# 5 Year Goal

I know, I sprung this on you.

- Maybe you have one, maybe you don't
  - The perfect plan doesn't exist
  - Prepare by building a lifestyle in which you feel productive, motivated, and in control
  - Create a foundation of confidence in your ability to accomplish the things that are meaningful to you
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# Maintaining Motivation

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# Buy yourself one of two things

1. A yearly planner
2. A blank journal

- With a physical way to track your goals, you can more easily visualize what accomplishing (or not accomplishing) those goals will look like
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# Things to Remember

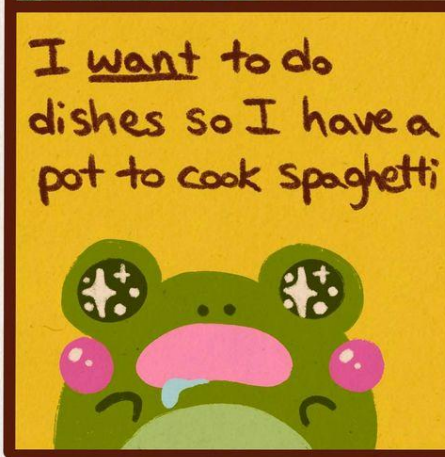
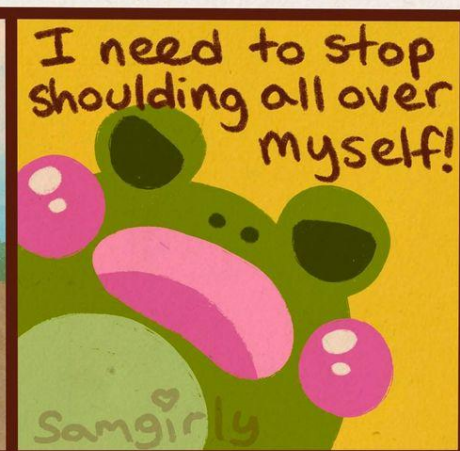
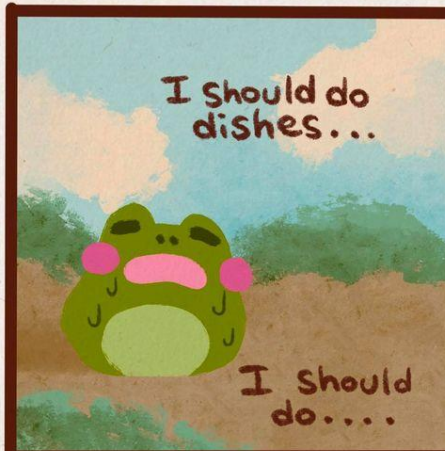
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# No Such Thing as “Should”

Seriously, stop using it!

- Creates either a sense of guilt or obligation
  - Weakens our internal locus of control
  - Can usually be replaced with either “want to” or “have to”
  - If not, it doesn't serve you
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# Be Kind to Yourself

Unconditionally!

- The goal is never to make YOU better. The goal is to give you a life that's fulfilling and happy.
  - Don't get burned out over things that should be making you feel good!
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# Approach

- Move towards a positive outcome
- Accomplishing goals is a step towards a desired result
- Focuses on the positive
- Running on a track

# Avoidance

- Move away from a negative outcome
- Accomplishing goals is a step away from a bad result
- Focuses on the negative
- Running on a treadmill

Note: In addition to an approach-style mindset towards self-improvement, I recommend trying to set approach-style goals. Most goals can be rephrased to focus on a positive outcome. However, some avoidance-style goals (e.g. “Don’t drink”) are totally fine!

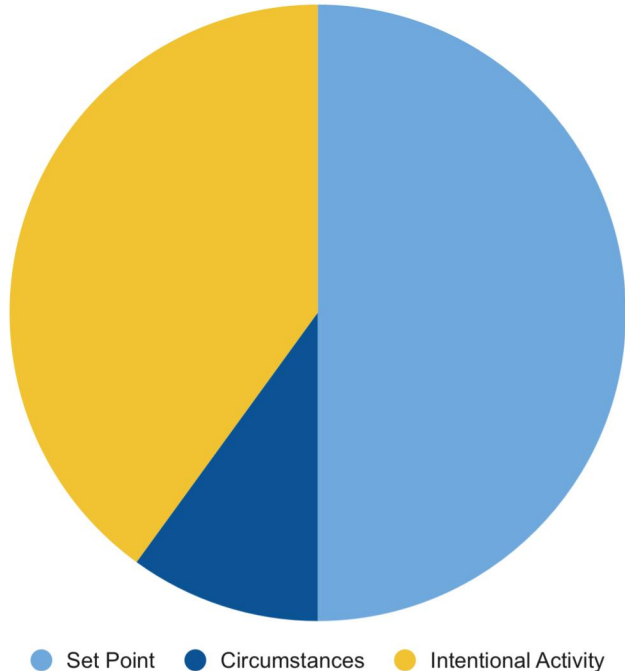
# Why Be Happy?

It's *scientific*, you guys.

- Happier people are:
    - More sociable and energetic
    - More charitable and cooperative
    - Better liked by others
    - More likely to get/stay married
    - Have richer social support
    - Show more flexibility and ingenuity in their thinking
    - Be more productive in their jobs
    - Be better leaders and negotiators
    - Earn more money
    - More resilient in the face of hardship
    - Have stronger immune systems
    - Physically healthier
    - Live longer
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# What are we in control of?

What Determines Happiness



- 50% - Set Point
  - genetically determined
  - baseline or potential for happiness to which we return after positive or negative events
- 10% - Circumstances
  - Health, wealth, where you live, job, marriage status, appearance, etc.
- 40% - Intentional Activity
  - The amount of happiness we are in control of

# The Happiest People

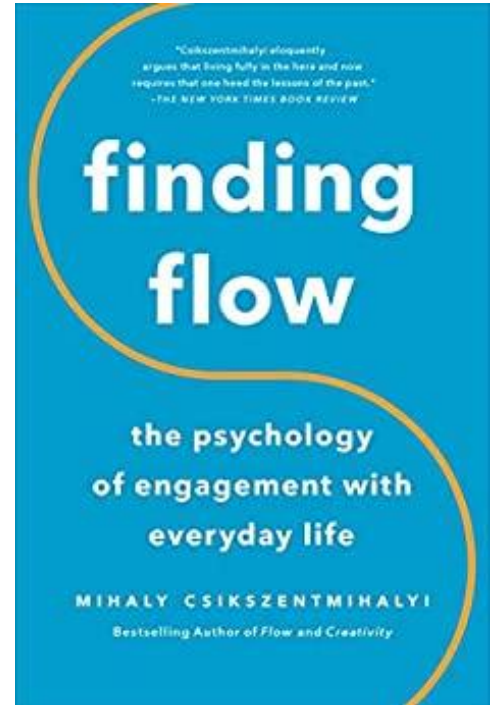
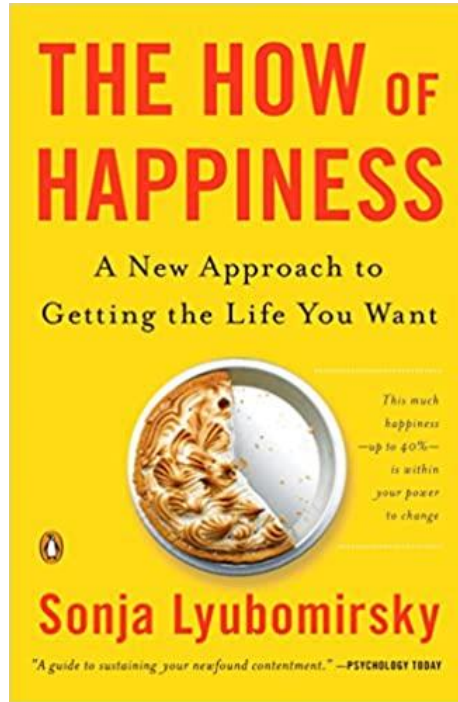
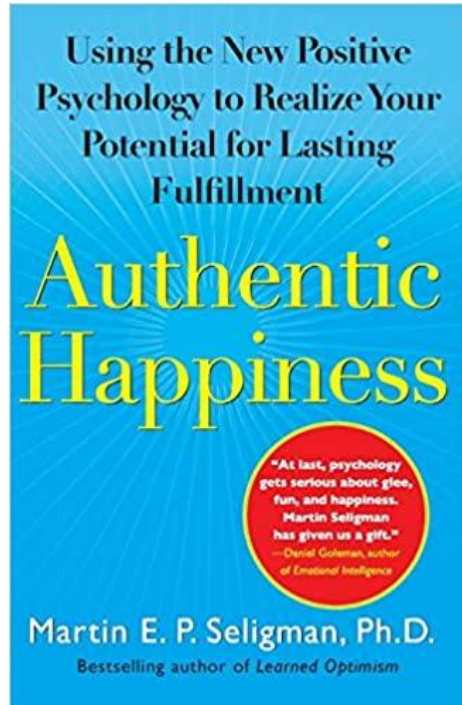
Don't:

- Try to change your genetics (impossible!)
- Try to get rich and famous (impractical!)

Do:

- Nurture your relationships
- Express gratitude
- Help others
- Be optimistic about the future
- Cherish the little things
- Engage in regular exercise
- Commit to fulfilling goals
- Find strength and resilience in the face of hardship

# Recommended Reading





**To Summarize**

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# What We Covered

Start to Finish

- How to set measurable and achievable goals
  - How to categorize those goals
  - Maintaining motivation
  - Build positivity and reframe thoughts
  - Being kind to ourselves
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