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I am a sophomore at Kingston college. An avid reader, sports enthusiast and an extreme perfectionist by nature. Often qualities like these have a positive connotation to them, however it comes with a constant dispute between thoughts. The session conducted on goal setting and mind management was one of helping me understand how to better govern my thoughts and build on the command of my own conscience. This essay will word out a few of my learnings.

I learned that when it comes to setting goals, we have always been taught to set SMART goals and in the pursuit to be able to meet this acronym of criteria, we often tend to lose the real essence of the actual purpose. The notion behind the acronym is to be able to guide us to set more holistic and well-polished goals rather than being criteria's that need to be ticked off as a mandate.

In the aspiration of achieving our goals, be it long-term or short-term we are often met with failures or obstacles. As humans, we psychologically are inbuilt to look at them as discouraging elements of a journey, however to be able to train our cognitive senses to understand and learn from these hurdles and short lived success, is an idea of management. We our creatures of our own thoughts and its processes, and to train them while having control of them is an impeccable skill that one should learn with time and experiences. We often tend to resort to demographic excuses of age, gender, caste, income and education levels to justify why might we set smaller, less concrete goals and sometimes no goals at all. The vital idea here is to understand these are socioeconomic characteristics that are birthed by the society to help understand structures, not to break them, although the human race often does that. When the determination comes from within these barriers help us get a better understanding of the phrase "the sky is the only limit". There should be no stone left unturned when it comes to the journey of ones perseverance towards his/her desires, especially when it is something that is truly admired by the individual. Not to say that every incident can be taken in a positive light, of course there will be days, times and phases wherein one will absolutely have no control over the pessimism. But to be able to pull through the times and ride the journey in waves is what truly will do justice to our journey; irrespective of whether or not the goal is achieved.

I learned this when Dr.Shobha shared her story of being a professor at a college where she pursued her education. The very trivial idea of not being able to ride the elevator made such a significant impact on what she as in individual wanted to make of her life. To an outsider it must look almost insignificant but that is to say, there is no scale to measure a goal. You can only weigh and experience what imprint it leaves on you as a being. As a woman in the society she faced numerous barriers but the willpower she possessed helped her push through and achieve success much beyond she what she had sat her eyes on. No one has it easy, but to be able to cherish everything that comes your way and to be able to learn and grow from it is the primary idea behind goal setting. She mentioned how life comes in waves, there will always be ups and downs but to enjoy them together is what will help us appreciate the nuances.

This learning matters because it shows the very simplistic ideas in a more collusive light, that helps join the dots more effectively. For a generation that gives out more

discouragement compared to appreciation and praise, it is as important a skill as any other to learn to appreciate our efforts and to push through regardless of opinions and dejection. We need to learn to have the willpower and mindset that can make us not only better at setting goals but also help us increase the probability of success by a large proportion. With the fast paced world, it is important to keep up and the only way to do so is to push ourselves out from our comfort zones and take challenges head-on. The art of learning and unlearning should not be hindered simply because one thinks they are not capable, rather learn to climb through it by starting small but achieving all that one desires to. The purpose of every being should be discovered and to do that, our mind is our only weapon. SO to train it to achieve better at every stage is substantial.

In light of this learning, I will be more aware of my potential my introspecting and understanding what I truly like and would want to work upon. These learnings have also taught me to look at things with a positive connotation as much as I can. It is impractical to always think the glass is half full but with time and practice there is nothing one can't achieve. So I will start with learning what I can do with the half-filled glass before I learn to fill it to the rim.