

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 3 WAYS TO THINK ABOUT GOALS WORKSHEET

Gabrielle Oettingen, a psychologist at New York University has done research regarding how people think about and accomplish goals. She has concluded that there are basically three ways that people think about their goals and their futures.

#### **Benefits Group**

The first group focuses only on the good things that could happen in the future if they reach their goals, and they do not focus on the obstacles that could keep them from achieving those goals. We will call this group the Benefits Group because they focus on the benefits of reaching a goal.

#### **Obstacles Group**

The second group focuses only on the problems that are in the way of achieving their goals and does not focus on the good things that reaching their goals will do for them. We will call this group the Obstacles Group because they focus on the obstacles of reaching a goal.

#### **Benefits *and* Obstacles Group**

The third group focuses on both the good things that could happen if they attain their goals *and* the obstacles that stand in the way of achieving them. We will call this group the Benefits and Obstacles Group because they focus on both the benefits and the obstacles of reaching a goal.

### **How do you think each of the three groups would see the following goals?**

<b>Goal</b>	<b>Benefits Group</b>	<b>Obstacles Group</b>	<b>Benefits <i>and</i> Obstacles Group</b>
<b>Asking someone to prom</b>			
<b>Participating in a new sport or activity</b>			
<b>Getting a summer job</b>			
<b>Going to college</b>			
<b>Completing their EA project on time</b>			