

Goal Setting



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In our life time, each one of us had to occasionally plan and share with others about our ideas, goals, ambitions and about what we want to become. We must have attended at least one or two interviews and there must have been a question about 'goal setting and achieving'. This is applicable to anybody- students, executives, officers, politicians, business leaders etc.

Our former President of India, Dr APJ Abdul Kalam , once upon a time, wanted to become a Test Pilot. This job is very risky and dangerous, but it was his goal in life. He goes to Indian Military Academy (IMA) and with all determination, he attends the interview, but unfortunately, he fails in the interview process. He gets so depressed that he wanted to end his life as he could not bear the failure. He goes to the Himalayas and tries to end his life, incidentally, he meets a swamiji who says," Why do you want to end your life for such a small failure? May be, something better is waiting for you in future, keep trying !". Young Kalam thought that certainly there is something better to be achieved in future. Hence, later on he became world famous space Scientist and finally, the President of India. Imagine, if he had become a pilot, he would have saluted every higher officer and ministers, but as the first citizen of India, he reached the highest position where all the Armed forces salute him, including pilots, Chiefs of Army, Navy and Air Force.

Goal Setting is very important in life, other wise it is like driving a car without steering. Once you set the goals, you should start working out various ways of achieving them. Goals are many types such as Short Term Goals, Medium Goals and Long Term Goals. They are sub-divided into Academic Goals, Professional Goals, Financial Goals, Social Goals, Spiritual Goals and so on.

Academic Goals are like you want to study MBA, MCA, Engg or Medicine. You have to get through various entrance examinations and obtain a seat for admission. For this, you have to be thorough with your undergraduate syllabus. Sometimes your academic qualification may not land you in a related field. Harsha Bhogle, famous sports commentator, is actually a Postgraduate in Management from IIM Ahmedabad. Only because of his excellent 'communication skills' and 'presentation skills' he could become a commentator. His goal was different but he landed in a different career.

Professional Goals are based on what you want to become such as Doctor, Engineer, Journalist, Lawer etc. Once you decide, you should select a course related to that field. Sometimes, you may not become what you had decided. Many business men and women are some Engineers, doctors, political leaders etc. Goals keep changing as per your choices. Mr. Reddy of Shanta Biotechnics, producing life-saving medicines like Hepatitis B, is basically an Engineer.

Financial Goals are your money-earning plans for life. Many of us want to become millionaires, we plan day and night for the accumulation of money. Some are highly successful in money saving and some are into money spending. Dhirubhai Ambani, founder of Reliance Group of industries is not a qualified person, but he created multi-billion empire for his sons and created lakhs of jobs for Indians across the industries. He went on working, earning, investing and finally became a millionaire.

Social Goals are related to your planning about social status in terms of position, status, network, service to nation etc. Some people take extra time and participate in social service like tree-plantation, blood donation, health camps, national integration camps etc. Most of the successful business men and politicians sponsor education for poor children, empowerment of youth and women. Tata, Birla, Reliance and ITC groups have their own schools, colleges and help many social service and NGOs groups as part of their Corporate Social Responsibility (CSR) which are all actually their social goals.

Spiritual Goals are your plans about spiritual practices. Before beginning a day, some people do yoga, meditation or pooja and at the end of the day also. Some donate money for the construction of temples, dhyana centres etc. Some deliver spiritual lectures in their leisure time. Some dedicated people have taken up spiritual missions- Swamy Vivekananda, Sri Ravi Shankar (Art of Living), Swamy Sukhabodhananda (author of "O Mind, Relax Please!"), Baba Ramdev, are some of the famous individuals who have dedicated their lives in guiding people in attaining spiritual goals.

Suggestions

- Individuals must plan for their goals in life
- They should plan for Short-term, Mid-term and Long-term goals
- They have to design a time table for achieving different goals
- They should follow the time schedule with discipline and dedication
- They should take out some time from their busy life and try to spend a little time in spirituality and social service
- Political leaders, Business men, Government and Executives should encourage volunteers, employees, subordinates and individuals in setting and achieving their goals.