

## Goal and Self control

**(Bold and italics are concepts that I predict Robert Smith will ask on the test)**

### A. Goal setting

Goal motivation and progress

→ have high motivation but will gradually wear out

→ when closer to the finishing point, people will have higher motivation

( U-shaped curve)

- When to set goal?

→ new start

→ temporary landmark

→ measure predictions

Key of goal setting: **SMART**

i) Specific

- implementation process:

- goal intention: specify endpoints

- **implementation intention: specify when, where, and how**

- recognize opportunities and automate response

ii) Measurable

Why?

- **Mere measurement effect**: measure predictions or intentions changes behavior

iii) Attainable

iv) Relevance

How?

- public commitment

- set personal goal

- extrinsic incentives?

**What is the potential problem of extrinsic incentives**

v) Time-bound

- refer to specific in time

### B. Self- Control

1) Terminology

- self-control: voluntary regulation of behavior, emotional and attentional resources

- self-control dilemma: having a long term goal but a short term temptation interferes with it

## 2) Nature

- *ego depletion (self-control is like a muscle, which has limited strength)*

- *What are the consequences of ego depletion?*

i) reduce ability to resist temptation or persevere

ii) negative emotions

iii) difficult decision making

iv) no self reflections

v) reduce ability to help others

## 3) Self-control influences and strategies

- make goal pursuit a habit (implementation intentions)

- trust early decisions

- avoid temptations

- controlling thoughts and remind long term goal/ feel connected to future self

→ *grit (tendency to retain interest and actions towards long term goal)*

*How to improve grit?*

i) correct maladaptive belief

e.g. intelligence is not fixed, frustration and confusion are not the reason to quit, mistakes should not be avoided

- use pleasure as reward

→ more motivation toward goals and enjoyment of indulgences