Why don’t all the people have goals? People often say, “I do not need goals in my life.” Some individuals have goals, but do not know how to achieve them. In these modern times, everyone wants to be successful, rich, or famous. However, experts state that not everyone who wants to be successful have the determination to achieve their goals. They think that goal setting has become the key to success. Researchers also found that many people have changed their lives after setting and achieving their goals, and thereby have proven that they have the determination and knowledge to implement the appropriate strategies to achieve their goals. For this reason, in order to succeed, people need to implement the goal setting and strategies to achieve their goals.

People can adopt a better lifestyle by implementing goal setting because they will have a better perspective of what they want in the future. In the article “How writing down life…grades” Eric Schulzke states, “I had a gut feeling that if struggling students wrote about a blueprint of their ideal future, it would give them a sense of purpose, and impact many aspects of their lives, including academic achievement, for the better.” This shows that when people write their emotions and set goals based on these past experiences, they can clear their minds and achieve all their goals. This is important because people who have goals and achieve them have higher chances of succeeding in all aspects of their lives. Also, in Schulzke’s article, Michaela

Schippers, a management professor, mentions, “Students are also more motivated and feel better about themselves. They are less anxious, and begin making choices among goals.” By stating this, Schippers shows that people can find the motivation that they need to succeed by setting their own goals in life. A good example of change that goal setting generates in people can be observed in college students. Experts state that students who set goals tend to improve their academic performance and adopt a different way of thinking. This is important because a person with specific goals in life and a perspective of an ideal future can become a successful member of our society.

There are two types of people in this world, those who have goals but do not act on it and there are people who will settle for nothing less. One of the most important parts of goal setting is having a strategy to achieve the goals in a specific period of time. In the article “How to Achieve Your Goals...Easy)” James Clear states that “The problem is this: we set a deadline, but not a schedule.” This shows that majority of people tend to set goals and deadlines, but not all of them have strategies to achieve them. This is important because when people do not have plans to achieve their goals, those goals can become dreams. James Clear also mentions that, “The end result, is what we often give up if we don’t reach our goal by the initial deadline.” This shows that when people do not achieve their goals, they lose their motivation, give up, and forget about that ideal future. This is important because people do not know the importance of goal setting in life, and the good results that they can have in the future.

In addition to goal setting and strategies to achieve them, people also need to take in consideration that there are many obstacles that need to be overcome in order to achieve their goals. In the article “A scalable goal-setting intervention…achievement gap”*,*Schippers ET. AL. state that “The inequality in performance and life outcomes between groups who differ in

gender, ethnicity and socioeconomic status constitutes one of the most pernicious current social problems”(P.1). This shows that in these modern times there are many people that are going through difficult situations. Also, it is important to mention that gender and ethnicity stereotypes are some of the biggest problems that our society is facing in these modern times. This is important because sociocultural problems play an important role in the achievement of goals. Also Schippers ET. AL. mentions that “Participants were also asked to produce and make public a single summary goal statement, in an attempt to use social pressure to increase commitment.” (P.3).This shows that the goal setting can be implemented no matter the situation of the person. However, it will be difficult to achieve those goals because there will be many obstacles to overcome. This is important because sometimes people that are living these situations are the ones that get motivated, achieve their goals, and succeed in our society.

I immigrated to the United States 3 years and 2 months ago. A new phase of my life began. It was difficult for me to leave my old country, friends, and family as well as adapt myself to a new culture and learn a new language. When I first came, I did not know how to speak English. It was difficult for me because I was having trouble communicating with my teachers and classmates. I still remember my first year at Belmont High School where my classmates used to make fun of me for not speaking English properly. They used to call me “paisa” (derogatory term towards immigrants). I remember myself crying because I could not understand what teachers were explaining during class. However, I knew what I wanted. I knew that in order to be successful in a school in which I was being discriminated just because I spoke a different language, I had to set short and long term goals, and overcome any obstacles along the way. My two main goals at that time were to graduate from high school and improve my communication skills. At that time I did not have any strategies to achieve my goals. For this

reason, I would do anything that I believed helped me to learn new ways to express myself through language and graduate from high school in a specific period of time. I am glad that I achieved all my goals. Therefore, I will apply the goal setting strategy during my time in college. It will be easier for me to achieve my goals because now I know that I have to implement plans and manage my time in order to meet my objective. It was not difficult to achieve my goals back then in high school. However, I think that I need to work harder because this is a different level of education.

It is important for people to implement the goal setting strategy and plan to achieve their goals and become a successful member of this society. People can obtain a perfect perspective of what the future has prepared for them by setting their goals and achieving them by elaborating some strategies. However, it is important for them to know what strategies they are going to implement to achieve their goals and how long it will take to meet their objective. It can be difficult for some people to achieve their goals because there are many responsibilities that need to be taken into consideration like sociocultural and socioeconomic factors. It does not matter the amount of goals people have, if they do not have the determination and the strategies to achieve them, It will be difficult for them to become a successful member of our society.

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