Achieving a Goal in 21 Days

An Urban Legend?
Develop New Habits in 21 Days?

You may find it hard to persist in achieving a goal. How to make it easier?

Dr Maxwell Maltz, a plastic surgeon in the 1950s

Dr Maltz found that after plastic surgery, it would take the patient about 21 days to get used to seeing her new face.

Dr Maltz noticed that when a patient had an arm or leg amputated, the patient would sense a phantom limb for about 21 days before adjusting to the new situation.

We have developed these habits without ourselves even knowing. These are the things we were not used to. Now they seem so natural to us.

I would like to invite you to test out this "Urban Legend"

| In the coming 3 weeks | Set a goal | Persist to achieve it ♫ |

Interests

Study

Other Abilities

Achieving a Goal in 21 Days.
Do Something Good to Yourself or Others!

Goals help you clarify what you want

Goals help you tackle procrastination

Good things about Setting Goals

Goals help you focus your energy

Goals help you measure progress

Good habits you hope can be developed

Bad habits you hope can be got rid of

Things you hope to have improvement

Things you hope to achieve

Goals do not need to be very grand, short-term achievable goals can be very effective!

4 Steps to set goals

1. Think clearly what you want to do

2. Write it down concretely

3. If the goal is too big, break it down into a few small goals or milestones, and set time-frames
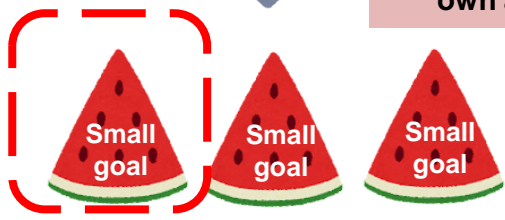
4. Review your progress, reward yourself

Break down the big goal into 3 small goals, achieving it in 3 weeks. It becomes easier!

Big Goal

Break the big goal into 3 small goals

Assess Your own ability

Implement it gradually by stages

Accomplish one small goal in a week

Small goal

Small goal

Small goal

Example 1

Big Goal
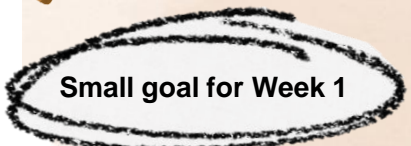
Practise playing table tennis for 30 minutes every day to improve my skills. Learn serving and receiving with forehand.

Break the big goal into 3 small goals

Small goal for Week 1

Small goal for Week 2

Small goal for Week 3

Can hold the racket in the correct way, and practise using it

Can serve in the correct way in bounds

Can receive with forehand

★ ★ ★ ★ ★ ★ ☆   ★ ★ ★ ★ ★ ★ ☆   ★ ★ ★ ★ ★ ★ ☆

When a small goal is accomplished every day, color a star to record your accomplishment. Reward yourself and keep up your motivation to persist in achieving the big goal.

When I have completed it for 4 days, I will reward myself with 2 cones of ice-cream.

When I have completed it for 4 days, I will reward myself with a movie.

When I have completed it for 5 days, I will reward myself with a new racket.

Example 2

Big Goal :

Read a 80-page English story book

Week 1

★★★★
★☆☆

Small Goal:

Read 4 pages of the book each morning

When I have completed it for 5 days, I will reward myself by playing computer games for 30 minutes.

Week 2

Small Goal:

Read 5 pages of the book each morning

★★★★
★☆☆

When I have completed it for 5 days, I will reward myself by watching an animation movie.

Week 3

Small Goal:

Read 4 pages of the book each morning, and 3 pages every night

★★★★
★☆☆

When I have completed it for 5 days, my father will go cycling with me in Cheung Chau.

Have a try!

My 21-Day Plan

Big Goal :

Interests

Study

Other Abilities

Week 1

☆☆☆☆
☆☆☆

Small Goal:

When I have completed it for_____days, I will reward myself
_____
_____

Week 2

Small Goal:

☆☆☆☆
☆☆☆

When I have completed it for_____days, I will reward myself
_____
_____

Week 3

Small Goal:

☆☆☆☆
☆☆☆

When I have completed it for_____days, I will reward myself
_____
_____

My 21-Day Plan

Big Goal

Break down the big goal into 3 small goals

Small Goal for Week 1

Small Goal for Week 2

Small Goal for Week 3

☆ ☆ ☆ ☆ ☆   ☆ ☆ ☆ ☆   ☆ ☆ ☆ ☆
☆ ☆ ☆   ☆ ☆ ☆   ☆ ☆ ☆

When a small goal is accomplished every day, color a star to record your accomplishment.
Reward yourself and keep up your motivation to persist in achieving the big goal.

When I have completed it for _____ days, I will reward myself with _____

When I have completed it for _____ days, I will reward myself with _____

When I have completed it for _____ days, I will reward myself with _____