

GOAL SETTING

FOR

EXCELLENCE

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OUR GOALS – OUR MEANS

IMPORTANT GOALS – IN HUMAN LIFE

1. PHYSICAL GOALS

2. ACADEMIC GOALS

3. ATTITUDINAL GOALS

4. CAREER GOALS

5. FAMILY GOALS

6. FINANCIAL GOALS

7. PLEASURE GOALS

8. HEALTH GOALS

9. SPIRITUAL GOALS

10. SOCIAL SERVICE GOALS

1. PHYSICAL GOALS

1. NEED FOR PHYSICAL FITNESS

- Animal Kingdom
- Cave man
- Modern Man

2. HOW TO ENSURE PHYSICAL FITNESS

- Exercise
- Breathing
- Hydro therapy
- Balanced diet

3. CLEANLINESS

4. BODY OUTFITS

5. HIGHER PURPOSE OF THE BODY

BODY IS THE TEMPLE OF THE SOUL – KEEP FIT

2. ATTITUDINAL GOALS

1. WHAT IS PERSONALITY?

2. TYPES OF PERSONALITIES.

3. DEVELOP A GREAT PERSONALITY.

i. UN LEARN THE WRONG ASPECTS

ii. OVERCOME NEGATIVE ATTITUDE

iii. DEVOID OF VICES.

iv. INCULCATE POSITIVE QUALITIES.

Gratitude Charity, Happiness, Philanthropy

5. STRIEVE FOR HIGHER VALUES

Equality, Equanimity and Equity

A. TYPES OF - PERSONALITY.

S.No	SOME PERSONALITY TYPES.	TRAITS.
1	QUESTIONER	TRUST WORTHY. RESPONSIBLE. for Idels,Dedicated.
2	OBSERVER.	CALM. STRAIGHT FORWARD.
3	ROMANTIC	WARM. MISUNDERSTOOD.
4	ADVENTURE.	ENERGITIC .OPTIMISTIC.
5	ASSERTIVE.	CONFIDENT . COMPETENT.
6	ACHIEVER.	SELF ASSURED.
7	PERFECTIONIST..	PRINCIPLED DEDICATED.
8	PEACE MAKER.	SENSITIVE. NON CONFLICTING.
9	HELPER.	WARM LOW SELF ESTEEM.

B. TRANSCEND THE NEGATIVE

NEGATIVE ATTITUDE

- **Jealousy**
- **Laziness**
- **Anger**
- **Ego**
- **Worry**
- **Fear**
- **Hatred**
- **Greed**
- **Doubt**

POSITIVE ATTITUDE

- **Acceptance**
- **Hard work**
- **Kindness**
- **Equanimity**
- **Happiness**
- **Courage**
- **Love**
- **Charity**
- **Faith**

3. ACADEMIC GOALS

1. SCOPE OF EDUCATION .

2. MEANS TO EDUCATION.

- **Hard work – VORACIOUS READING.**
- **Discretion – SEES WITH CLARITY.**
- **Originality – CREATIVE VISUALIZATION.**
- **Maturity – LEVELS OF UNDERSTANDING.**
- **MEMORY POWER. PRACTICE.**

3. PURPOSE OF EDUCATION.

- **SCIENTIFIC TEMPER.**
- **RATIONAL OUT LOOK**
- **COMMUNICATION SKILLS.**

4. HIGHER PURPOSE OF EDUCATION

SELF ACTUALIZATION & SERVING THE SOCIETY.

4 A. CAREER GOALS

- 1. HAVE A CAREER GOAL,**
- 2. BE A PROFESSIONAL EXPERT.**
- 3. ACCEPT CHALLENGES.**
- 4. ACTION ORIENTED & COMMUNICATE.**
- 5. BE DISCIPLINED. BE ETHICAL**
- 6. BE DEVOTED TO THE JOB & WINNER.**
- 7. PLAN ON DAILY BASIS.**
- 8. BE DUTY BOUND & WORK HARD**
- 9. GIVE YOUR BEST. BE HUMAN.**
- 10. BE CONFIDENT & MANAGE UR TIME.**
- 11. BE A MANAGERIAL EXPERT.**
- 12. BE THE CHANGE AGENT & CH.MGR .**
- 13. SIMPLIFY WORK PROCEDURES.**

4B. LEAD A GOOD GOVERNANCE

1. FAIR RECRUITMENT

2. PROPER TRAINING

3. KNOWLEDGE MANAGEMENT

4. PLACEMENT

5. DELEGATION

6. EMPOWERMENT

7. LEADERSHIP

8. RURAL EMPLOYMENT GUARANTEE

9. PROMPT ACTION

10. ACCESSIBLE COMPLAINT CELL

BE A LEADER.

Ability of an individual
to influence others to
change their behavior
with the objective of
achieving a shared goal.

4C. DEVELOP LEADERSHIP SKILLS.

1. PASSION, PURPOSE & VISION.
2. CHANGE AGENT & INNOVATIVE.
3. SCIENCE & TECHNOLOGY.
4. SET GOALS & TAKE CHALLENGES.
5. CAREER & PROFESSION ORIENTED.
GRIEVANCE REDRESSAL.
6. PROBLEM SOLVING & DECISION MAKING.
7. CONFLICT RESOLVING & TEAM BUILDING.
8. OUTSOURCING, NET WORK & NEGOTIATE
9. DELEGATE. MONITOR , MOTIVATE.
10. GOOD GOV. CITIZEN CHARTER . RTI
11. MANAGING , LEADERSHIP. & TRAINING.

4 D. BOSS. VS LEADER.

BOSS	LEADER
1. DRIVES EMPLOYEES	1. COACHES EMPLOYEES
2. DEPENDS ON AUTHORITY	2. DEPENDS ON GOOD WILL.
3. INCULCATES FEAR	3. GENERATES ENTHUSIASM
4. SAYS I	4. SAYS WE
5. BLAME THE BREAKDOWNS	5. FIXES THE BREAK DOWNS,.
6. KNOWS HOW IT IS DONE.	6. SHOWS HOW IT IS DONE
7. USES PEOPLE	7. DEVELOPS PEOPLE
8. TAKES CREDIT	8. GIVES CREDIT
9. COMMANDS	9. ASK S AND ENQUIRES.
10. SAYS "GO"	10 . SAYS "LET'S GO:

4 E. DIFFERENCE BETWEEN MANAGERS & LEADERS

MANAGERS	LEADERS
1. ADMINISTER	1. INNOVATE.
2. MAINTAIN	2. DEVELOP
3. CONTROL	3. INSPIRE
4. SHORT TERM VIEW.	4. LONG TERM VIEW.
5. ASK HOW & WHEN	5. ASK WHAT & WHY
6. INITIATE.	6. ORIGINATE
7.ACCEPT THE STATUS QUO	7. CHALLENGES - STATUS QUO
8. DO THINGS RIGHT	8. DO RIGHT THINGS.

4 F. TRANSFORMATIONAL LEADERSHIP.

1. ACCEPTING DIFFERENCES.
2. ASKING FOR HELP.
3. ENCOURAGING OTHERS.
4. DISAGREEING POLITELY.
5. PARTICIPATING EQUALLY.
6. FOLLOWING DIRECTIONS.
7. SHARING MATERIALS.
7. RESOLVING CONFLICTS.
8. TAKING RISKS.
9. STAYING ON THE TASK.

4.G . THE CHALLENGE OF LEADERSHIP

- **IS TO BE STRONG BUT NOT TO RUDE.**
- **BE KIND BUT NOT WEAK.**
- **BE BOLD BUT NOT BULLY**
- **BE THOUGHTFUL BUT NOT LAZY.**
- **BE HUMBLE BUT NOOT TIMID.**
- **BE PROUD BUT NOT ARROGANT.**
- **HAVE HUMOR BUT WITHOUT FOLLY.**

--- JIM ROHN

5. FAMILY GOALS

1. LEAD AN IDEAL - FAMILY LIFE.
2. REAR CHILDREN - AS IDEAL CITIZENS.
3. TAKE CARE OF -- PARENTS.
4. RESPECT -- WOMEN.
5. STRIVE FOR -- SOCIAL GOOD.

GIVE LOVE AND SERVICE

UNIVERSAL

LAW IS - WE MUST GIVE BEFORE WE GET

6. FINANCIAL GOALS

1. CREATE WEALTH .
2. AVOID CONSUMERISM.
3. DON'T BE GREEDY.
3. INVEST WISELY .
5. PLANNING SECURITY.
6. BE CHARITABLE .

POVERTY ANYWHERE - IS A THREAT - TO PROSPERITY EVERYWHERE

7. PLEASURE GOALS

1. COMFORTS

2. PLEASURES

- **Physical** – Sports / Dance / Acting
- **Biological** – Eat / Drink / Sex
- **Literature** – Reading & Writing / Prose / Poetry
- **Hearing** – Listening to Music / Singing
- **Sight** – Watching Movies / Tourism / Pilgrimage
- **Amusement** – Casinos / Disney
- **Entertainment** – Parties / Special Days / Hobbies
- **Art** – Painting / Photography / Sculpture / Dance / Drama
- **Culture** – Festivals / Classical Dance

3. HAPPINESS - Higher Achievements

4. BLISS - Scriptures / Rituals / Satsangh / Meditation / Self Actualization

SEEK LONG LASTING & PURPOSEIVE HOBBIES.

8. HEALTH GOALS

MAINTAIN GOOD HEALTH

1. BALANCED DIET.
 2. DEVOID OF VICES.
 3. DISCIPLINED LIFE.
 4. TIMELY MEDICATION.
 5. REGULAR MEDITATION
 6. STRESS FREE ATTITUDE.
 7. POSITIVE MIND SET.
 8. STRIVING FOR SOCIAL GOOD.
- AVOID EXCESSES IN ALL WALKS OF LIFE

9. SPIRITUAL GOALS

LEARN PHYSICAL & METAPHYSICAL SCIENCES

1. UNDERSTAND GOD & CREATION.
2. KARMA - THE LAW OF CAUSE & EFFECT
3. REBIRTH & TRANSCENDENCE.
4. RELIGION & PATHS OF LIBERATION
5. REALIZE - LOVE & SERVE.

10. SOCIAL SERVICE GOALS

SERVICE LIBERATES - THE SELF & HUMANITY.

1. LEAD AN ETHICAL LIFE.
2. SERVE THE SOCIETY.
3. SERVICE TO MANKIND-SERVICE TO GOD.
4. BUILD A MODERN WORLD.
5. RESORT TO- ART OF LIVING.

GOAL SETTING – A PERSONAL MODEL

In search of the truth

B R A H M A N

C H R I S T

A L L A H

P E A C E

P A T H S - L I B E R A T I O N

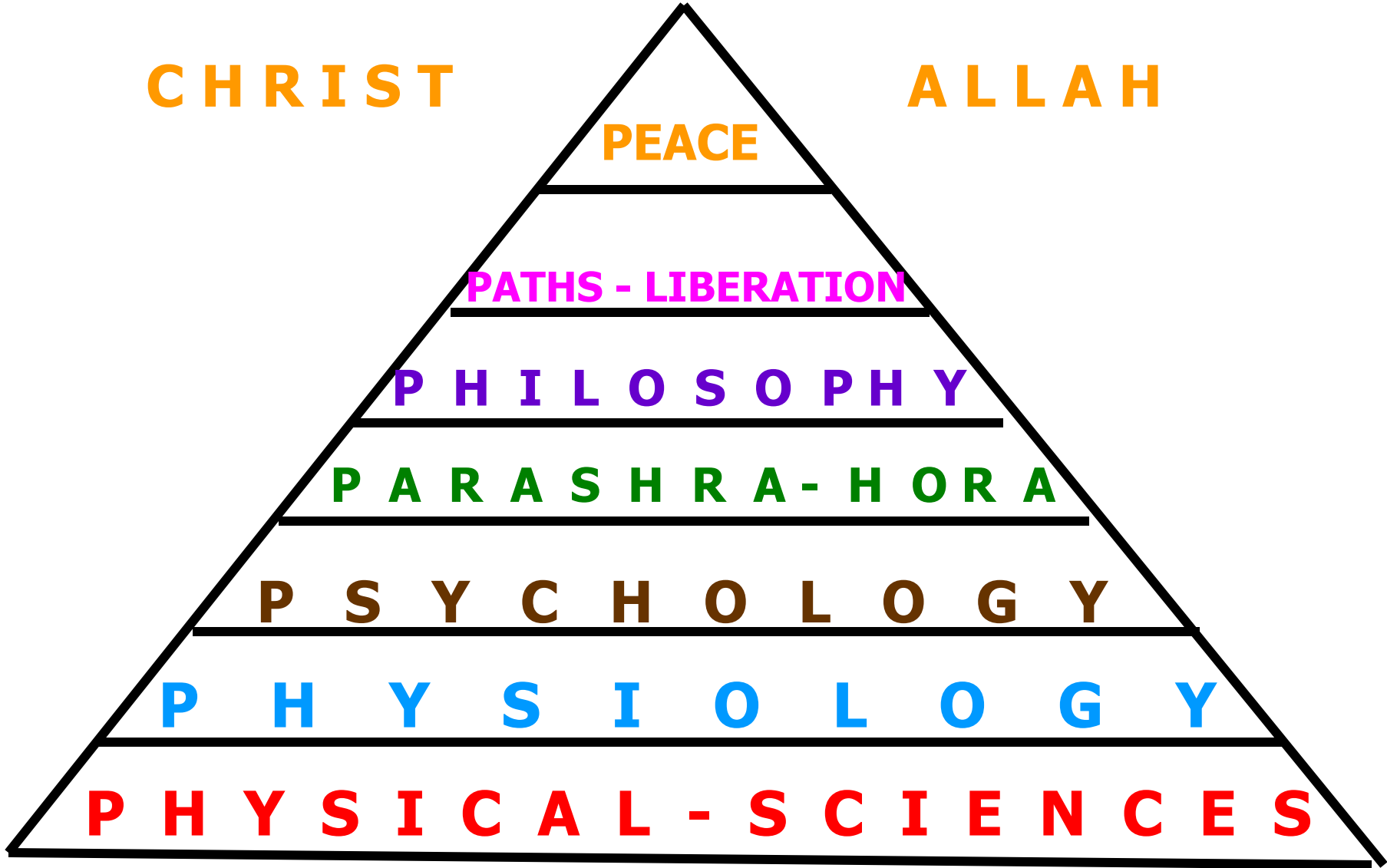
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P A R A S H R A - H O R A

P S Y C H O L O G Y

P H Y S I O L O G Y

P H Y S I C A L - S C I E N C E S



Thank YOU

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