GOAL SETTING FOR EXCELLENCE

DR. M. RAMA PRASAD, I.F.S (Rtd.)
Msc(zoo), MA(Astro), MA(Philo), AIFC, MSIF. PH.D
Additional Principal Chief Conservator of Forests & Former
DIRECTOR GENERAL, T.S. FOREST ACADEMY.

Email ID: mramaprasad.if@gmail.com
OUR GOALS – OUR MEANS

IMPORTANT GOALS – IN HUMAN LIFE

• COMFORTS.
• PLEASURES.
• HAPPINES.
• BLISS.
## OUR GOALS – OUR MEANS

### IMPORTANT GOALS – IN HUMAN LIFE

<table>
<thead>
<tr>
<th>1. PHYSICAL GOALS</th>
<th>6. FINANCIAL GOALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. ACADEMIC GOALS</td>
<td>7. PLEASURE GOALS</td>
</tr>
<tr>
<td>3. ATTITUDINAL GOALS</td>
<td>8. HEALTH GOALS</td>
</tr>
<tr>
<td>4. CAREER GOALS</td>
<td>9. SPIRITUAL GOALS</td>
</tr>
<tr>
<td>5. FAMILY GOALS</td>
<td>10. SOCIAL SERVICE GOALS</td>
</tr>
</tbody>
</table>
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 OUT FITS

5. HIGHER PURPOSE OF THE BODY

BODY IS THE TEMPLE OF THE SOUL – KEEP FIT
2. ATTITUDDINAL GOALS.

A. PERSONALITY TYPES.

- CRITIQUE.
- INQUIRING.
- INITIATIVE.
- ADVOCACY.
- CONFLICT SOLVING.
- DECISION MAKING.
# B. TYPES OF PERSONALITY

<table>
<thead>
<tr>
<th>S.No</th>
<th>SOME PERSONALITY TYPES</th>
<th>TRAITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>QUESTIONER</td>
<td>TRUST WORTHY. RESPONSIBLE. for Idels, Dedicated.</td>
</tr>
<tr>
<td>2</td>
<td>OBSERVER.</td>
<td>CALM. STRAIGHT FORWARD.</td>
</tr>
<tr>
<td>3</td>
<td>ROMANTIC</td>
<td>WARM. MISUNDERSTOOD.</td>
</tr>
<tr>
<td>4</td>
<td>ADVENTURE.</td>
<td>ENERGITIC. OPTIMISTIC.</td>
</tr>
<tr>
<td>5</td>
<td>ASSERTIVE.</td>
<td>CONFIDENT. COMPETENT.</td>
</tr>
<tr>
<td>6</td>
<td>ACHIEVER.</td>
<td>SELF ASSURED.</td>
</tr>
<tr>
<td>7</td>
<td>PERFECTIONIST.</td>
<td>PRINCIPLED DEDICATED.</td>
</tr>
<tr>
<td>8</td>
<td>PEACE MAKER.</td>
<td>SENSITIVE. NON CONFLICTING.</td>
</tr>
<tr>
<td>9</td>
<td>HELPER.</td>
<td>WARM LOW SELF ESTEEM.</td>
</tr>
</tbody>
</table>
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
**TRANSCEND THE NEGATIVE**

<table>
<thead>
<tr>
<th>NEGATIVE ATTITUDE</th>
<th>POSITIVE ATTITUDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jealousy</td>
<td>Acceptance</td>
</tr>
<tr>
<td>Laziness</td>
<td>Hard work</td>
</tr>
<tr>
<td>Anger</td>
<td>Kindness</td>
</tr>
<tr>
<td>Ego</td>
<td>Equanimity</td>
</tr>
<tr>
<td>Worry</td>
<td>Happiness</td>
</tr>
<tr>
<td>Fear</td>
<td>Courage</td>
</tr>
<tr>
<td>Hatred</td>
<td>Love</td>
</tr>
<tr>
<td>Greed</td>
<td>Charity</td>
</tr>
<tr>
<td>Doubt</td>
<td>Faith</td>
</tr>
</tbody>
</table>
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 OUTLOOK
   - COMMUNICATION SKILLS.

4. HIGHER PURPOSE OF EDUCATION
   - SELF ACTUALIZATION & SERVING THE SOCIETY.


4. CAREER GOALS

1. HAVE A CAREER GOAL.
2. BE DEVOTED TO YOUR JOB.
3. ACCEPT CHALLENGES.
4. WORK HARD.
5. TAKE THE RESPONSIBILITY.
6. MANAGE YOUR TIME.
7. INCULCATE HUMAN VALUES.
8. BE ETHICAL
9. BE A PROFESSIONAL EXPERT.
BE A PROFESSIONAL EXPERT.

A. BE A MANAGERIAL EXPERT.
B. BE PROFESSIONAL.
C. SIMPLIFY WORK PROCEDURES.
D. BE THE CHANGE MANAGER.
E. CONFLICT & PROBLEM SOLVING.
F. DECISION MAKING. NET WORKING.
G. BUILD TEAM, MOTIVATE, DELEGATE.
H. MONITOR, MEASURE, COMMUNICATE.
I. GRIEVANCE REDRESSAL, WELLFARE.
J. GOOD GOV. CITIZEN CHARTER, RTI
K. ADMINISTRATION WITH A HUMAN FACE.
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 COSUMERISM.

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 & PURPOSIVE 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.
WITH GOOD WISHES.

We ever stand on the threshold of a New life and Career Challenges....

WORK WITH COMMITMENT & DEVOTION

Wishing you All — for a very Bright, Promising and Challenging Career and Success in All Walks of YOUR LIFE & LEADERSHIP ROLES.
SALUTATIONS TO THE LORD.

BE ENLIGHTENED FOR YOUR SELF

AND - LIVE AS A BLESSING -TO THE- SOCIETY
GOAL SETTING – A PERSONAL MODEL

IN SEARCH OF THE TRUTH

BRAHMAN

CHRIST

ALLAH

PEACE

PATHS - LIBERATION

PHILOSOPHY

PARASHRA-HORA

PSYCHOLOGY

PHYSIOLOGY

PHYSICAL-SCIENCES
Thank You

Email ID: mramaprasad.ifs@gmail.com