Further Goal Setting Resources

Self Determination Theory:

Top tip! Run an internet search for "TED Talks Self Determination Theory"

These are the founders of this well-evidenced theory:
https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf

https://positivepsychology.com/self-determination-theory/

https://www.verywellmind.com/what-is-self-determination-theory-2795387

https://www.google.com/search?
q=self+determination+theory&source=lmns&bih=763&biw=1343&client=safari&hl=en&ved
=2ahUKEwjStdCumfzpAhVOnRoKHZ19BnoQ_AUoAHoECAEQAA

(There's a nice simple diagram on this one)
https://www.urmc.rochester.edu/community-health/patient-care/self-determination-
theory.aspx

Core Values:

Top tip! Run an internet search for "TED Talks Core Values"

https://examples.yourdictionary.com/examples-of-core-values.html

https://hbr.org/2002/07/make-your-values-mean-something

https://theleadershipdr.wordpress.com/2019/03/20/core-values-if-i-poke-it-it-hurts/

https://scottjeffrey.com/personal-core-values/

https://www.psychologytoday.com/gb/blog/changepower/201811/6-ways-discover-and-
choose-your-core-values

https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf

https://www.mindtools.com/pages/article/newTED_85.htm

Successful Goal Setting:

Top tip! Run an internet search for "TED Talks Goal Setting"

https://www.inc.com/marla-tabaka/this-study-found-1-simple-step-to-practically-guarantee-
youll-achieve-your-goals-for-real.html

https://hbr.org/2015/02/increase-the-odds-of-achieving-your-goals-by-setting-them-with-your-spouse

Writing down Goals (evidence for success):

https://www.canr.msu.edu/news/achieving_your_goals_an_evidence_based_approach

https://www.forbes.com/sites/markmurphy/2018/04/15/neuroscience-explains-why-you-need-to-write-down-your-goals-if-you-actually-want-to-achieve-them/#e389e0479059

https://www.inc.com/peter-economy/this-is-way-you-need-to-write-down-your-goals-for-faster-success.html

https://thepowertoreinvent.com/why-you-need-to-be-writing-down-goals/

NLP:

https://www.nlp.com/what-is-nlp/

https://www.skillsyouneed.com/ps/nlp.html