

'Keeping Your Goals to Yourself' Worksheet

Video: https://www.ted.com/talks/derek_sivers_keep_your_goals_to_yourself

1. Fill in the missing words from the talk.

1. Don't you feel one _____ closer already?
2. You _____ kept your mouth shut.
3. That good feeling now will make you _____ do it.
4. Repeat psychology tests have _____ that telling someone your goal make it less likely to happen.
5. The mind is kind of _____ feeling that it's already done.
6. This goes against _____ wisdom that we should tell our friends our goals so that they will hold us to it.
7. When asked afterwards (they) said that they had _____ to go until they achieved their goal.
8. Resist a _____ to announce your goal.
9. ... you can understand that your mind mistakes the _____ for the doing.
10. You could _____ it in a way that gives you no satisfaction.

2. Mark the following statement true or false.

- a) Telling people your goals makes it more likely to happen.
- b) The mind can be tricked into believing that the goal has already been achieved.
- c) Peter Gollwitzer wrote a book about this subject in 1992.
- d) 173 people were involved in four separate tests.
- e) Half of the people announced their goals and half of them didn't.
- f) Everyone was given 45 minutes to do some work towards their goal.
- g) The people who announced their goal, quit working after 40 minutes.
- h) The people who didn't announce their goal, quit after 33 minutes.