

## Learning objectives

- How do people set goals? Do they have different approaches? (What type of motivation could they fall under...?)
- How do people feel when they don't achieve their goals
- How do people feel when they succeed in their goals

## Interview questions

- Tell me about a time you set a goal for any skill that you've learned in the past.
    - Can you walk me through how you went about setting this goal?
    - How did you go about learning it?
  - Tell me about a time you achieved one of your goals.
    - How did you feel? What motivated you to achieve your goal?
  - Tell me about a time when you set a goal and weren't able to achieve it.
    - How did you feel when you failed?
    - What things do you think got in the way of your success?
  - What sort of things typically help you achieve your goals more?
  - What's the typical scale of the goals you set?
  - How do you set yourself up for success when setting goals?
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## Post-Questions

Range:

1 (strongly disagree) - 6 (strongly agree)

Strongly disagree, disagree, somewhat disagree, somewhat agree, agree, strongly agree

1. Setting goals is usually easy for me.
2. The goals I set are more likely to be short-term (daily goals as opposed to over many months).
3. When I don't achieve a goal, I feel discouraged from continuing.
4. I am usually able to achieve the goals I set for myself.
5. The reason I pursue goals more often comes from within myself rather than from external pressures or rewards