My personal goals

"Keep your goals to yourself"

05. CHECK UNDERSTANDING

01 | **Read the following summary of the talk and complete it with the words or phrases in the box.**

Tricks	proves	secret	suggestions	tests	achieved	rounds up

Derek Sivers says it's better to keep our goals _____. He claims that telling people our plans _____our minds so that we think that we have already _____ our goal. He describes an experiment that _____ this claim, which compared two groups of people doing some _____. He _____ by making a few _____ to help us to achieve our goals.

02 | **Read the following sentences. Choose the correct word or phrase to complete the sentences.**

1. Psychology tests have proven that telling someone your goal makes it **less likely / more likely** to happen.

2. Because you feel satisfaction after telling someone your plans, you're **less/ more** motivated to do the hard work necessary.

3. Conventional wisdom tells us that we **should / shouldn't** share our goals.

4. Sivers is **in favour of / against** disclosing our future plans.

5. Sivers claims that we should keep our mouth **shut / open** when it comes to our personal goals.

03 | **Which sentences are true?**

1633 from the test carried out people wrote down a personal goal. ☐

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Half of them announced their goal and their commitment to it to others and half didn't.

Everyone was given tasks to help them towards their goal.

The people who didn't announce their goal worked for longer than the people who did announce their goal.

The people who announced their goal said they didn't feel close to achieving their goal.

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