



Goals help you develop your creative power

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Like everything, the more you use your brain to think and creatively problem solve, the better you will get at using your creative power. Then when you really find yourself in a tight spot, such as life has turned upside down and you really do need to think about how you are going to survive all the changes, the more you have used your problem solving skills and thought creatively in the past, the better you will be at it now. Setting and achieving goals is one way for everyone to develop many of the competencies required to think of creative solutions to life's problems.

Setting, and then achieving goals, is very good for your brain, for learning new skills and behaviours, and in general for enhancing your confidence and self-belief. While many of us think about setting goals, you also need to go ahead and achieve them. Achieving goals makes a big difference to the type of success we can enjoy in life. The more you set and achieve goals, the better you get at it. And eventually you are setting and achieving really big and complex goals and possibly even changing the world. But you need to start somewhere and the earlier you start in your life the better.

Obviously one of the benefits to achieving a goal is you get to enjoy whatever it is that realising the goal brings. For instance, more qualifications, better health and fitness, a promotion, an increased income, a more peaceful life, etc. However, there are lots of other benefits that setting and working towards achieving a goal brings. We tend to forget about these sometimes when we decide to forgo setting goals.

1. Goal setting focuses you. If you are someone who battles with focusing then goal setting can help. Once you have set a goal, and you regularly read and think about the goal, your brain becomes focused on how you will achieve the goal. That happens because that is how our brains work. When we are focused on some objective, at a

conscious and unconscious level, we start generating ideas on how to achieve the object of our focus.

2. Depending on the goal, it is likely that in reaching the goal you will have to learn new skills and behaviours. Your knowledge base and your experience will increase. The more knowledge and skills you have the stronger your creative power.
3. Setting goals motivates us. When you are motivated you perform at your best. If you want to try and brainstorm ideas to get you out of a sticky situation in life, you are not likely to succeed if you are feeling down and depressed and demotivated. When we are energised and excited and motivated, our brain functions better and we have more mental capacity available for complex mental functioning like reasoning and being creative and problem solving.
4. Setting goals is good for mental health. There is research to show that people are happiest when they are in the pursuit of a worthy goal. Most people need to have something they are working towards that they want to achieve. It gives them purpose, a direction, and each step they move forward gives them a sense of accomplishment. If your mental health is good you will be better at owning and using your creative power.
5. Setting a goal can help us learn clarity. A goal cannot be vague. You need to be specific and clear on exactly what the goal is and what must happen in order for you to achieve it. This is a good skill to learn. Solving problems using our creative potential also requires clarity. You cannot solve a problem unless you are very clear exactly what the problem is. Learning how to be clear and avoid muddy and vague thinking is good for our brains and our success in life.
6. Setting and achieving goals helps you learn how to use feedback. Some people are terrified of feedback. Some people disregard feedback. As you take the steps to achieve your goals you will keep getting feedback on what works and what doesn't. You will learn how to deal with feedback, how to change course, and how to do something better the next time. You will learn what doesn't work and what not to do in the future. These are life skills that will help you own your creative power.
7. Setting and achieving goals builds confidence. Part of being confident is having a sense of competence to life. That is, being able to deal competently with general life tasks. If you never do anything on your own and never set a goal to achieve, you are likely to lose confidence. The more you do things on your own and set and achieve goals you want to achieve, the more you will feel you can do what you want to do and need to do. The more you will feel competent to succeed in life. When you are confident you are better at owning and using your creative power.
8. Goal achievement helps you develop persistence. People who have not spent much time in setting and achieving goals battle to keep going when the going gets tough. Which it always does. At the first obstacle they start thinking this is not for me and give up. People who set and achieve goals know it will get tough, know they will encounter many obstacles, but also know from previous experience, that if they find ways to overcome obstacles and continue, they will reach their goal. They don't give up easily. Being tenacious and not giving up when things get hard is an extremely important life skill. It also helps you own your creative power.

There are probably many more benefits to setting and achieving goals that you can think of. Unless you set yourself something that is impossible to achieve, which will knock your confidence and make you give up having goals, you will benefit enormously in life when you set and then go on to achieve your goals. It is unlikely that anyone can set and achieve a

goal, even a fairly small and easy goal, without having to grow and develop as a person, as well as gain more knowledge and experience and skills. So go for it. Set yourself some goals and then commit to achieving them. Your mental capability to do things and solve problems in your life will increase.