

Chapter 1 : Goal Setting - Misconceptions | Goal Setting

Even if you follow the goal setting process described on this website and write down your goals and create a plan for achieving them, you may still not achieve them. If you follow the goal setting process then forget about, not review your goals regularly, or you don't take action, then you will likely not achieve what you want.

Ancient Greek sculptures were originally painted bright colors. Some well-preserved statues still bear traces of their original coloration. Later, the word came to mean any sort of non-expert or layman, then someone uneducated or ignorant, and much later to mean stupid or mentally deficient. Modern consensus suggests the library had likely already been destroyed centuries before this incident. A year-old man in medieval England, for example, could by one estimate expect to live to the age of 70. There is no evidence that iron maidens were invented in the Middle Ages or even used for torture. Instead they were pieced together in the 18th century from several artifacts found in museums in order to create spectacular objects intended for commercial exhibition. They would as a matter of course fight on foot and could mount and dismount without help. In fact, soldiers equipped with plate armor were more mobile than those with mail armor chain armor, as mail was heavier and required stiff padding beneath due to its pliable nature. Whether chastity belts, devices designed to prevent women from having sexual intercourse, were invented in medieval times is disputed by modern historians. Most existing chastity belts are now thought to be deliberate fakes or anti-masturbatory devices from the 19th and early 20th centuries. The latter were made due to the widespread belief that masturbation could lead to insanity, and were mostly bought by parents for their teenage children. Medieval Europeans did not believe Earth was flat. Scholars have known the earth is spherical since at least B.C. Columbus was also not the first European to visit the Americas: Early modern [edit] Contrary to the popular image of the Pilgrim Fathers, the early settlers of the Plymouth Colony in North America did not wear all black, and their capotains hats were shorter and rounder than the widely depicted tall hat with a buckle on it. Instead, their fashion was based on that of the late Elizabethan era: Both men and women wore the same style of shoes, stockings, capes, coats and hats in a range of colors including reds, yellows, purples, and greens. Baker, the traditional image was formed in the 19th century when buckles were a kind of emblem of quaintness. Marie Antoinette was an unpopular ruler; therefore, people attribute the phrase "let them eat cake" to her, in keeping with her reputation as being hard-hearted and disconnected from her subjects. His dentures were made of gold, hippopotamus ivory, lead, animal teeth including horse and donkey teeth, [] and probably human teeth purchased from slaves. After the Second Continental Congress voted to declare independence on July 2, the final language of the document was approved on July 4, and it was printed and distributed on July 4th. While he did serve on a commission that tried to design a seal after the Declaration of Independence, his proposal was an image of Moses. In 1793, a petition from a group of German immigrants was put aside on a procedural vote of 42 to 41, that would have had the government publish some laws in German. This was the basis of the Muhlenberg legend, named after the Speaker of the House at the time, Frederick Muhlenberg, a speaker of German descent who abstained from this vote. Napoleon was taller than his nickname, The Little Corporal, suggests. He was actually slightly taller than the average Frenchman of his time. A newspaper reporter invented the story to make colorful copy. I wish to return" and that Hearst responded, "Please remain. This anecdote was originally included in a book by James Creelman, though there is no evidence that the telegraph exchange ever happened, and substantial evidence that it did not. Officials there kept no records other than checking ship manifests created at the point of origin, and there was simply no paperwork which would have created such an effect, let alone any law. At the time in New York, anyone could change the spelling of their name simply by using that new spelling. Much of the repair work had been performed before Mussolini and the Fascists came to power in 1922. Only a very small share of the radio audience was even listening to it, and isolated reports of scattered incidents and increased call volume to emergency services were played up the next day by newspapers, eager to discredit radio as a competitor for advertising. Both Welles and CBS, which had initially reacted apologetically, later came to realize that the myth benefited them and actively embraced it in later years. This story may have originated from German propaganda efforts following the

charge at Krojanty , in which a Polish cavalry brigade surprised German infantry in the open, and successfully charged and dispersed them, until driven off by armoured cars. While Polish cavalry still carried the sabre for such opportunities, they were trained to fight as highly mobile, dismounted cavalry dragoons and issued with light anti-tank weapons. Jews in Denmark were never forced to wear the Star of David. The Danish resistance did help most Jews flee the country before the end of the war. Albert Einstein did not fail mathematics classes never "flunked a math exam" in school. Upon seeing a column making this claim, Einstein said "I never failed in mathematics Before I was fifteen I had mastered differential and integral calculus.

Chapter 2 : The Misconceptions of Success | Entrepreneur

tion, and significant misconceptions about their implementation. These four goals rest on a body of the four anti-bias education core goals into the daily curric-

And always pad your timelines to account for delays and setbacks. Not Appreciating Failure No matter how hard you work, you will fail to achieve goals from time to time. However, your failures are what ultimately determine your character. They also contain lessons that can change your life for the best, if you have the courage to learn from them. So be politely assertive , and do what you want to do! Not Reviewing Progress It takes time to accomplish goals. Set small sub-goals, celebrate your successes, and analyze what you need to do to keep moving forward. No matter how slow things seem, you probably are making progress! Have your priorities changed? Or do you need to set aside some extra time for a particular goal activity? Finding This Article Useful? Get the Free Newsletter Learn essential career skills every week, and get your bonus Time Management: Read our Privacy Policy Mistake 7: Setting "Negative" Goals How you think about your goal can influence how you feel about it, and whether you achieve it. For instance, many people have a goal to "lose weight. A positive way to reframe this goal is to say you want to "get healthy. Reframe any negative goals so that they sound positive: Setting Too Many Goals When you start setting goals, you may see many things that you want to accomplish. So you start setting goals in all areas. The problem with this is that you have a fixed amount time and energy. Instead, use the "quality, not quantity" rule when setting goals. Work out the relative importance of everything that you want to accomplish over the next six to twelve months. Then pick no more than, say, three goals to focus on. Remember, the success of your work towards a goal rests on focusing on just a few things at a time. A good way to avoid these mistakes and to set goals effectively is to use the Mind Tools Life Plan Workbook. Supported by worksheets and advice, this guides you through a simple, five-step process for setting your goals, and for organizing yourself for success. Infographic Click on the image below to see these eight common goal setting mistakes represented in an infographic: Key Points Living a life without setting goals is like sailing a ship without having planned a course: This is why you need to set goals to develop yourself and achieve your dreams. But you need to avoid common mistakes along the way. These can cause you to feel discouraged, question your abilities, or even give up. Subscribe to our free newsletter , or join the Mind Tools Club and really supercharge your career!

Chapter 3 : Misconceptions and Truths of the Field of Mental Health | Mental Health Alexandria

Here are 9 Common Misconceptions about Goal Setting: You have to start goal setting by brain storming things to work on. Brain storming is a part of goal setting but it is not the first step.

What Are the Goals of Multicultural Education? Kent Koppelman Although the debate about how to respond to racial and ethnic diversity in American public schools has a long history, in recent years the debate has changed. According to Reich , the focus is no longer on whether schools should recognize the diverse racial and ethnic identities of students, but on the extent to which this diversity should be recognized and affirmed in school curricula. His argument is not that schools no longer marginalize students based on race, ethnicity, or other factors, but that schools are no longer overtly oppressive. Reich insists that oppressive behavior in schools today would violate stated policies in most public and private schools. What has stayed the same in the debate about diversity is the concern about fostering an American identity, and how to promote citizenship in a diverse, democratic society. Pai and Adler noted that advocates for pluralism believe that multicultural education is appropriate for a democratic society because: Yet opponents of multicultural education often characterize it as another manifestation of the demand for group rights, and that an emphasis on groups may foster separatist attitudes and behaviors. In response, Darling-Hammond asserted: Yet critics of multicultural education say this approach fosters group conflicts by being anti-white and anti-male, and that multicultural education also encourages negative attitudes toward the United States Gorski, Some advocates have responded by insisting that teaching about diverse groups and diverse perspectives in American society attempts to provide students with a more inclusive and more accurate portrayal of an American society that has always been diverse. The purpose of teaching multiple perspectives is to develop an understanding of diverse perspectives that can lead to an understanding of what motivates the behavior of others. It should also encourage students to examine their own beliefs and attitudes. Multicultural educators insist that when schools only provide the perspective of a dominant group, they are not promoting patriotism but are engaging in propagandaâ€”If mine is the only way of life I know, how can I judge that it is in fact a worthy and valuable way of life? Racism is a historical artifact that is only manifested through aberrant individual behaviors, rather than a regular experience for many children and youth of color. Schools and classrooms are sites of fairness, not of institutional racism. Eurocentric curricula offer superior academic experiences. Academic achievement is independent of lived histories, even for those who experience forms of subordination through racism, classism, and sexism. Students of color and poor whites come to schools with knowledge deficits and lack the competence to succeed academically. Villegas and Lucas have explained why maintaining the status quo in schools is unacceptable: Pluralists have called traditional education undemocratic because of this unequal opportunity it has provided to students based on socioeconomic status, ethnicity, and other factors. Intended Student Outcomes Many scholars have addressed the aims, goals and purposes of multicultural education, and an analysis of their work suggests five major student outcomes: All students should be encouraged to affirm themselves as unique individuals and they should accept and respect the differences shaping individual identities of other students. Banks has written: Students should learn about their group from the school curriculum and about the diverse groups in American society to have a basis of appreciation and respect for cultural diversity. Pai and Adler have described the value of this outcome for students and adults: Students should engage in intergroup dialogues that promote cross-cultural communication skills and reduce biases and prejudices. Gorski has written that multicultural education must: Students should learn to be critical thinkers able to analyze historical and contemporary issues in order to make intelligent decisions about problems and conflicts. Appleton addressed the need for historical analysis: Students should engage in activities that address social justice issues and be encouraged to develop and implement strategies to respond to such issues in their school and their community. Banks described the relationship between diversity and social justice: Given these student outcomes, advocates for multicultural education have insisted that if a diverse society is to thrive, citizens must respect and value diversity. Reich has argued that respect for diversity depends upon learning about diversity: Multicultural education goes beyond tolerance by teaching about the need for mutual

respect between people belonging to diverse groups. In addressing this issue, Nieto asks a critical question: Human history is a record of persistent flaws in human thought and behavior, and no group is exempt from this reality. Nieto has rejected what she called a "sunny-side-up diversity" that celebrates diversity as an abstract concept and "attempts to paper over important differences" p. Multicultural education engages in a critical examination of power and structural inequities and explores conflicts between and within groups. By presenting human flaws and group conflicts as well as the achievements of diverse groups, Reich believes that multicultural education teaches: The theory behind multicultural education may sound persuasive, but has it been effective in practice? The main difficulty with assessing programs claiming to illustrate multicultural education is the different goals established by different schools. Nieto and Bode have described four types of programs whose goals vary widely: Tolerance simply emphasizes getting along with people who are different and denies the significance of differences. Acceptance acknowledges that differences are important to people but does not affirm diversity. Respect views differences in a positive light and promotes learning about diversity. Affirmation, solidarity, and critique entails a commitment to social justice issues beyond the classroom, rejecting a romanticized view of culture and promoting the idea that culture is dynamic, changing over time pp. Differences are to be prized, not disparaged; people from different groups treat each other with respect, not disdain; social justice is a lived reality, not just an ideal; and co-existence means more than merely tolerating the presence of other groups. Without an explicit agenda. This situation exists in many schools today, but those supporting the status quo say that multicultural education will lead to social conflict and a loss of national unity. Advocates counter that intergroup conflict already exists in the United States, but their reform movement addresses the need to abide by a set of national norms and still value cultural diversity. Reich has put it this way: Cultural pluralism in education: An introduction to multicultural education. Democracy, diversity, and social justice: Educating citizens for the public interest in a global age. Social justice, action, and policy pp. What teachers should learn and be able to do pp. Learning to teach for social justice. The unintentional undermining of multicultural education: Educators at the equity crossroads. A guide to building inclusive schools, promoting high expectations, and eliminating racism pp. Language, culture, and teaching: Critical perspectives for a new century. The sociopolitical context of multicultural education. Cultural foundations of education 2nd ed. Upper Saddle River, NJ: Bridging liberalism and multiculturalism in American education. The University of Chicago Press. Understanding intergroup relations programs. Theory, research, and practice pp. Critical multiculturalism and higher education: Resistance and possibilities within teacher education. Sleeter Eds , Critical multiculturalism: Educating culturally responsive teachers: State University of New York Press. Used with permission from the publisher. Koppelman, The Great Diversity Debate: Copyright by Teachers College, Columbia University. To order copies, visit www.ascd.org. Copyright by ASCD. Ideas from the Field Subscribe to ASCD Express, our free e-mail newsletter, to have practical, actionable strategies and information delivered to your e-mail inbox twice a month. Learn more about our permissions policy and submit your request online.

Chapter 4 : ASCD Express - What Are the Goals of Multicultural Education?

Goals And Misconceptions About Multicultural Education. Multicultural Education: Respecting Differences and Avoiding Bias Jennifer Brearley Western Governors University Culture can be characterized by how a group of people interpret the world through spirituality, social customs, dress and communication (Gargiulo).

The fitness industry has been stuck in a lot of myths and misconceptions that only serve to hold clients back from their goals. So, without further ado, here we go! Buckle up and feel free to reach out for more information! I am always happy to help! Muscle weighs more than fat. I have heard this out of trainers, and coaches, mouths. I have heard it from well meaning friends to encourage their friends that seem to be in a slump. Think about it a second. Now, what weighs more: A pound is a pound- they weigh the same. If someone gave me 5 minutes to explain the basic template for meal plans, this is what I would tell you: I like to start at the higher end for 2 reasons: Think of those crazy diets or TV shows out there that have you eating incredibly restrictive meal plans. The client loses plus pounds andddddddd a few months later in the media we hear about them rebounding and gaining more weight than before. Read that again- heavier than they were before they set foot on set. Where do you go if you start at the bottom? Damaging your metabolism, or your body starting to gain weight on starvation level calories, is not a myth. That is real life. Eating 10x your bodyweight, in someone with a healthy metabolism and working out in an effective training program, will leave you HUNGRY. Most important part of that? You can gain muscle and lose fat simultaneously. This is a myth. Weight loss requires a caloric deficit. Building muscle requires a caloric surplus. Or, if we are programming an athletic goal we worry about the athletic performance and fueling the body to perform. If you are new to training OR coming back from extended time off, there is a window where you can do both. This often accounts for the frustration of the body weight staying the same while the body composition changes. However- if you are eating low calories and gaining weight do not let your trainer tell you it is because muscle weighs more than fat or you are gaining muscle on 10x your body weight in calories. There are magic foods. Everyone is looking for the magical combination of foods to make fat melt. Here is the kicker: If you have a trainer that tells you that the only carb you can eat is rice or sweet potato, or that the only acceptable protein source is chicken, please run for the hills. First and foremost, that is not sustainable. Trust me, I tried it when a trainer put me on a restrictive diet and I ate my face off after falling off the wagon. Second, IF all variables are considered and your 3rd meal, for example, asks for 30 grams of protein, 10 grams of fat and 30 grams of carbs you can substitute the different macro nutrients and STILL remain on track. There are some fabulous food sub calculators out there that will assist you in accomplishing this. There are magic ponies, though, want proof? Ok, I just wanted an excuse to include my handsome man in this post! So to wrap up this post: Find a trainer you trust. A bad trainer can legitimately do long term damage to your health. What even IS your goal? If you want to be fit like Camille Leblanc Bazinet and who can blame you! This is what the internet considers a belly! Consider that as you work towards your goals. Be honest with yourself and your trainer. Over eating on weekends can and will ruin your whole week. If you hate your diet, hate your trainer or hate the program they gave you then you will not stick to it or make progress. I hope you found this helpful! If you have any blog ideas or have more questions feel free to message me!

Chapter 5 : Eight Common Goal-Setting Mistakes - From calendrierdelascience.com

Consider how your organization is thinking about goals - and if they are truly achieving what you set out for them to do.

Why is it then that most people have no goals? Buy these are not goals, they are wishes and fantasies common to all mankind. A goal is like a beautiful home, carefully designed, revised continually, upgraded regularly, and worked on constantly. If it is not in writing, it is merely a dream or a wish, a vague objective with no energy behind it. You have no choice but to make it up as you go along, reacting and responding to whatever happens, and hoping for the best. If you are doing well today without written goals and plans, you could probably be doing many times better in the future if you had clear targets to aim at and the ability to measure your progress as you go along. It is vital to have goal setting objectives. If your goals are only in your mind, they are invariably jumbled up, vague, confused, contradictory and deficient in many ways. They offer no clarity and give you no motive power. You become like a ship without a rudder, drifting with the tides, crashing into the rocks inevitably and never really fulfilling your true potential. You can take a Masters degree at a leading university and never receive a single hour of instruction on goal setting and achieving. Fortunately, setting a goal is a skill, like time management, teaching, selling, managing, or anything else that you need to become a highly productive and effective person. And all skills are learnable. You can learn the skill of goal-setting by practice and repetition until it becomes as easy and as automatic as breathing. And from the very first day that you begin setting goals, the progress you will make and the successes you will enjoy will astonish you. The complexity of the avionics and the skill of the pilots are focused on continual course corrections. It is the same in life. But when you have a clear, long-term goal, with specific plans to achieve it, you may have to change course many times, but you will eventually arrive at your destination of health, wealth and great success. Goal setting has been called the master skill of success. You have two choices in life: You can either work on your own goals, or you can work for someone else, and work on achieving their goals. When you learn the master skill, you take complete control of your life and jump to the front of the line in your potential for great achievement. With the help and guidance of four professional writers and editors, I have completely rewritten and updated my world-wide best-selling book *Goals!* The new edition contains three new chapters, on how to set and achieve financial goals, how to create a wonderful personal and family life, and how to achieve and maintain superb levels of health and fitness. There are new ideas to help you set the best goals for you in every area of your life. You learn how to create action plans, set priorities, and focus on what is most important. In addition, you learn how to visualize and attract your goals into your life. You discover how to unlock the powers of your superconscious mind to bring you everything you really want in life. [Click here to get a copy of Goals!](#)

Chapter 6 : MISCONCEPTIONS AND GOALS OF Classroom Management

I like to believe even those that provide incorrect information do so from the right place- they want to help. The fitness industry has been stuck in a lot of myths and misconceptions that only serve to hold clients back from their goals.

Goal Setting is not a new concept. In fact, there are thousands upon thousands of articles about every subject on goal setting. If only, it were that easy. I have made several errors when it comes to goal setting. It took me awhile until I finally felt that my goal setting strategy is achieving its desired results. In fact, there were several frustrating moments and several errors in perceptions on my part. Hopefully, by sharing some of my misconceptions, I can help you get on the success path when it comes to goal setting. Here are 9 Common Misconceptions about Goal Setting: You have to start goal setting by brain storming things to work on. Brain storming is a part of goal setting but it is not the first step. Self-knowledge, beliefs, values, and passions need to be considered. The first step in Goal Setting is determining your Personal Philosophy. Some people may answer, that their goal is to be rich, thin, happy or successful. These are more wishes and desires than goals. Goals need to be specific and measurable. When your goals are only in your mind, they are competing with all the other information and continuous incoming messages. Goals will invariably get jumbled up, vague and confused. I recently wrote a post about 5 reasons why you should invest in writing down your goals. Sometimes, you have to take detours. By having a clear, long-term goal, with specific plans to achieve it, you can keep your focus on the final destination. Take the detour, but keep your eye, focus and mind on your goal. All goals need to time bound Setting deadlines for your goal is meant to motivate you into taking action. It is not meant to get you unmotivated when you realize that the deadline might not be met. Allow for flexibility in life, and goal setting. Goals are not meant to be altered in any shape or form. Like time flexibility, we should also be flexible with the goal itself. Circumstances in your life might require you to modify your original goal. Or maybe, your philosophy has changed since you originally wrote down your goal. A good practice is to re-write your goal according to the new changes. Jot down important milestones that you need to reach before realizing the long-term goal. Long term goals are too hard to achieve. Long term goals are not any harder than short-term goals. They are just composed of a greater quantity of smaller steps that need to be climbed before reaching the top. Setting multiple short-term goals will seem more achievable and will motivate you in achieving your long-term goal. Goals can only be started at the beginning of the year. This is an obvious misconception. Setting Goals can begin today. All it takes is an idea and the willingness to create a plan for achieving your goals. Setting goals helps by mapping out your future. It helps you to keep focused on what you find important in your life. Start setting goals today, and remember to write them down. What misconceptions have you had when setting goals? Which part of goal-setting do you find most difficult? Currently, I am a Sales Director overseeing 4 Districts. My passion for leadership and personal development has led me to share my journey in a Blog. Find out more on <https://>

Chapter 7 : The Myth That Goal Setting Doesn't Work For Me - The Alpha Potential

The goal of this article is to clear three of the most popular misconceptions about motivation and give you a better understanding. There are a lot of rumors about motivation. The goal of this article is to clear three of the most popular misconceptions and give you a better understanding of the nature of motivation.

It became a myth, the goal beyond the possibility of human endeavour. Most failed not because they were physically unable, but because it was impossible in their minds. It was not possible in their minds because no one else had ever done it. Rising to international acclaim by winning the m in Melbourne in in a record time of 1: In Melbourne crowds were treated to the fall of the barrier when Dawn Fraser swam a A third Olympic gold medal for the same event landed Fraser the title of the greatest female swimmer of the 20th century. The ban means we will never know if she could win gold in 4 consecutive Olympics. Her time remained unbroken for 10 years. She worked hard towards her goal at being the first of many across the line. After her triumph, suddenly in the space of a few short years swimmers only goal was to break the barrier. Today, swimmers across the globe will achieve the feat during their teen years; some as young as When it comes to making progress towards what matters most in life, at least five major myths threaten our ability to achieve our ultimate goal. By avoiding these, we prevent ourselves being robbed of happiness, success, significance and achievement. Our past does not determine our future, we can change our mindset. You might be like that too. Regardless of the trigger: It just means we have to change our approach. Safe Goals Are The Best Goals When faced with challenges, it is often easy to develop a solution that is better than what is happening. Whether business or engineering, sporting or endurance challenges, it seems when we stretch the limits, things really change quickly. Train travel provides great examples from engineering. The trip from Tokyo to Osaka used to take more than six hours by train. It was a bottleneck on business, and executives wanted to reduce the time. They decided to cut the trip in half. Bullet trains started the revolution of very fast trains. The speed revolution required a totally new approach to how trains move. MAGLEV trains have no wheels and rely on magnetism to hold the train just above the rails to decrease friction. When we play it safe and set goals well inside our comfort zone, we allow a fear of failure to get in the way of great results. Cutting the trip by 50 percent seemed crazy at the time. But the truth is risky goals are the best goals. If we want to win big, to get beyond our natural urge to play it safe, step outside our comfort zones, we must set big, difficult, challenging goals. When you enter a purchase, start or takeover phase, you see all the positives. In this frame of mind it is really hard to map out a strategy that will turn things around, building in contingencies for hidden costs or unforeseen variations. Not having a plan means you have nothing to measure against. Part of the benefit comes from engaging our intellect. That helps us build resolve around our goals. The longer we intentionally live with our goals the more we can internalize them and make them part of what motivates us. That practically ensures we stay stuck. What if the transport engineers fell short of their goal and only cut the Tokyo-Osaka trip by 40, 30, or 20 percent? They still would have gained time and created new efficiencies in the marketplace. Maybe it was finishing a book by a certain time or hitting a revenue goal. Analyzing why you missed the goal is important. When we dig in, we often find ways of improving. But recognizing our progress is also important. And it can keep us motivated to stay on task. I hear people all the time who want big things but are uneasy about dialing it in and getting specific. Setting narrow, well-defined goals can feel like boxing ourselves in. We like open horizons and lots of options. The narrower the goal, the more restricted we can feel. But this is counterproductive. If we make our goals narrow enough, we can actually trigger the action we want to accomplish. This is especially helpful with daily habits we want to change. But the statistics are amazing. Without specific goals, participants had less than 40 percent success rate. Their success rate was better than 90 percent. Is there another side to this argument? Wally Salinger is a Mindset Coach. Applying tools to your circumstances gives you the support you need to redefine your purpose and passion.

Chapter 8 : 15 Misconceptions About Multicultural Education – Bill Howe on Multicultural Education

Myth No. 2: Safe Goals Are The Best Goals The trip from Tokyo to Osaka used to take more than six hours by train. It was a bottleneck on business, and executives wanted to reduce the time.

Psychology as a discipline is a relatively new source of knowledge compared to other sciences that have well researched and developed such as physics, biology, chemistry, etc. The field of mental illness is an area of psychology has an especially large chasm in understanding between the practitioners and the public. The intersection of the young field of psychology, law, pop culture, and the media has created numerous myths and misconceptions concerning the reality of the treatment of mental illnesses. Over the course of this blog, we hope to address many of the frequent examples of total myths or general misconceptions that the public has about the field of mental health. Before we begin, we need to address what a mental illness truly is. A mental illness is generally defined by an abnormal pattern of thoughts or behaviors that creates an impaired ability to function as a normal human. With this as a backbone, early psychologists and psychiatrists began studying and classifying the mental diseases that plagued the general population. Schizophrenia, depression, and many other salient diseases had already been identified, but with further research, different expressions of the same disease were also identified. In the American Psychiatric Association published a diagnostic manual that categorized many of the mental illnesses we know today. Today, the revision of Diagnostic and Statistical Manual of Mental Disorders DSM-5 has almost different mental disorders in 20 different categories identified and labeled. This collection of works has assisted in creating universal standards among doctors and facilitating treatment of the sick. While the creation and success of the DSM is something to be grateful for, it is still not without its faults. Subjectivity and poor inter-doctor agreement are common criticisms with the manual. Diagnoses are left for the evaluating doctor to decide, while the DSM as a guideline rather than a code. Since the emergency of the field of psychopathology, the lives of the mentally ill have largely been improved upon and practice and technology has developed. Specifically developed treatment programs for many common illnesses show great success and progress, especially when matched with appropriate medication. With this preliminary understanding of mental health we can begin to pick through some of the common myths and misconceptions the general public has about the field that has developed. Mental illnesses and the mentally ill do not influence my life. The prevalence of mental illnesses is more frequent than most people tend to believe. People with depression, ADHD, generalized anxiety disorder, or a whole number of other illnesses do not have any obvious symptoms that can be easily observed. Depression can easily be mistaken for introversion or fatigue without close inspection, and ADHD can simply come off as restlessness. Additionally, some people with a mental illness might not want the negative stigma of a mentally ill label, in order not to be treated differently by their friends and family or society. People afraid of hearing that they might have a real disease could avoid the subject all together, both in conversation and in their thoughts. One might be surprised in knowing that the definition of a mental disorder has spread to sexual disorders and drug addiction. As discussed in the introduction, a mental illness must be accompanied by dysfunction; if it is not disabling, it is not an illness. This is where the general public and the mentally ill separate. However, mental illnesses are often fluid, dynamic, and rarely permanent. The debilitating effects depression and schizophrenia have proven to be malleable and temporary in many patients so long as effective measures are implemented unfortunately. Conversely, just as mental illnesses can be overcome and eliminated, they can also develop and grow. A mental illness is a disease that solely pertains to the mind. Mental Illnesses are not only housed in the mind! Many mental disorders create numerous physiological changes in the body. Chronic stress has been associated with increased levels of cortisol, a stress hormone, in the blood, which, in turn, has been linked to the increased storage of fat from food. People with generalized anxiety disorders have stress almost all of the time, regardless of having stress source, and chronic stress leads to higher base levels of cortisol. Excess cortisol in the blood allows for higher fat absorption in the visceral or tummy area [1]. Also linked to the same physiological changes as chronic stress, chronic depression has a number of other negative physiological alterations. People with long-term or frequent depression show greater levels of fatigue and decreased immune

system functioning. Consequently, they experience far greater instances and severity of colds or infections [2,3]. In addition, depression has been correlated with insomnia, yet another factor that leads to further fatigue and immune system dysfunction [4]. High levels of stress and depression can qualify as a mental illness by themselves, but they are also associated with many other mental illnesses as well. Schizophrenics are often distraught by the thoughts that plague their minds, or the hallucinatory experiences that overwhelm their perceptions. Obsessive-Compulsive disorder is characterized by over-attention and worries about a particular idea and can lead to the same bodily changes as an anxiety disorder or depression. Like these, many disorders are often accompanied by anxiety and depression as a coexisting pathology, or one derived from the suffering of other symptoms. This means that having a mental illness is extremely likely to create physiological co-morbidities, so you can see where treatment from psychologists and psychiatrics come into crucial play. Effective immediate treatment can not only help cure a patient but also be a preventative measure for further illnesses, mental or physiological. If a mental illness goes untreated for too long, just like cancer it can be allowed to reach further throughout the mind and body and be a much bigger obstacle to overcome. The mentally ill are more likely to be violent. When discussing a connection between the mentally ill and violence, many factors need to be discussed. Perhaps the largest of which is the media and popular culture, which have largely inflated the negative violent stigma of the mentally ill. The mentally ill have been frequently associated with violence both in news coverage and entertainment. Additionally, the media often discusses the critical issue of treating mental illnesses in the prevention of mass public shootings. The mentally ill have largely become a scapegoat in the solution of homicide prevention due to this unfair representation and has diverted conversation away from more influential issues like gun control. This has unfairly subjected those with mental illnesses to unfair stereotypes of instability and violence. Consequently, this has influenced the American public to not want to work or live with those who are identified and labeled as having a mental illness. Some mental illnesses with particular common characteristics do have higher frequencies of violence, while other mental disorders show no significant correlation. Substance abuse disorders creates the strongest association with violence out of all mental illnesses, followed by schizophrenia, bipolar disorder, and generally other disorders characterized by instability or impulsivity. Alcoholism especially has been strongly linked to violence, largely due to the effect that alcohol has on the person rather than the existence of the mental illness in the mind. Disorders such as schizophrenia and bipolar represent a different issue in the field of mental health, as violence coming from these patients might be a direct result of the delusions or hallucinations of the patient; the patients could not know what they are truly doing in the moment or do not have the comprehension available to understand the implications of their actions. However, instances like these represent a very low frequency of occurrences within these diseases, especially as treatment procedures and medication use has improved. Indeed, one study showed that adherence to medication significantly reduced instances of violence with schizophrenics [5], and another study done by the same researchers shows the association between medication non-compliance and violence [6]. However, the vast majority of mental illnesses have shown no connection to violence. Only a small group of disorders bring together conditions that might produce violence, but as for the rest, violence is as foreign and as inexcusable as it is to you or I. Schizophrenics have multiple personalities in their minds! Schizophrenics do not have multiple personalities! Another common misconception concerning the mentally ill is the numerous distinct personalities the schizophrenic mind has in its head; this is actually an entirely different and more rarely disorder called Dissociative Identity Disorder. Dissociative Identity Disorder is characterized by having at least two unique and enduring personalities come and go within the same mind. The schizophrenic mind can create far-reaching connections and realities that are not shared by the typical population, and is one of the key markers in diagnosing the disease. Movies featuring a schizophrenic main character, like *A Beautiful Mind* and *Shutter Island*, illustrate the difficulty schizophrenics have, for example, in swallowing the pill and believing what they are being told is true, rather than what they have known to be real. Mental Illness can come unexpectedly, often as a result of a traumatizing event. However, not even with PTSD does a full mental illness develop overnight. Almost all mental illness are built over time as a result of numerous biological, sociological, and psychological factors. Different disorders typically come out of one of the Bio-Psycho-Social domains, but are

often catalyzed by an unfavorable environment, such as an unstable home, or a genetic predisposition for stress or depression. Schizophrenia often manifests in young adults who have shown no previous signs of bearing the disease. The only reason why a symptomless person might be worried about having schizophrenia is if has been in the family, as schizophrenia has a large genetic component. As schizophrenia was more significantly studied however, a link was been made at the time of a schizophrenics first symptoms to coinciding higher levels of environmental stress. Lastly, most schizophrenics have decreased neural connection density in the front part of the brain, the part that is associated with strategic planning and goal achievement. These three common features of schizophrenia all fall within the three different areas of the Bio-Psycho-Social construct and that total comprehensive invasion of a human existence is why mental illnesses tend to be so engrained within in the person and their life. Even PTSD, which has shown to be able to happen to largely anyone, still has its genetic components leaving some people more sensitive or resilient to it. PTSD is a special case of mental illnesses where a single event can spark a development of a cluster of symptoms such as flashbacks, avoidant behavior, or hyper-arousal. These types of symptoms can create a debilitating network of obstacles; nightmares create insomnia, which propagates feelings of being on edge, and further increases the desire to not be around stimuli that reminds the person of the originating event. However these symptoms grow and develop just like a cancer, and are not there in force from the start. Almost all other disorders follow similar structural patterns; Depression has strong genetic components but also be environmentally instigated, and even propagated by poor hormone or neurotransmitter balances. It can also build from a number of possible areas such as learned helplessness poor cognitions , or sustained negative environmental impacts poor finances or disease, perhaps. The Bio-Psycho-Social model is crucial for the understanding of mental illnesses. A huge reason as to why mental illnesses are so troubling to the individual, as well as troubling to the psychiatrist, is the way that an illness will permeate throughout each of these three realms. This helps explain why a mental illness takes time to develop; it has three huge domains to infiltrate before it becomes a diagnosable illness. But when, for instance, depression has become so strong that brain chemistry has been altered, the person becomes reclusive, and has learned to think with depressive cognitions, then the disease has holistically affected the person and treatment needs to begin. Hopefully now you can see why mental illness takes a lot of effort and persistence to overcome. There is good news, however! The Bio-Psycho-Social model is not just a map of the possible implications of a disease, but also a template for the introduction of effective therapy. Frequently, therapy assists a patient in reworking many of the maladaptive cognitions they might have accidentally generated in their heads. A medication might be prescribed in order to assist in healthy physiological changes, and the support of friends, family, and loved ones has always been shown to be beneficial. In the democratic vice presidential candidate Thomas Eagleton was forced to withdraw due to total public disapproval of possibly having a president who had gone under ECT in his past. Many illnesses that we today have identified and coded in a single diagnostic manual were unknown before WWII, and were simply labeled as having psychosis – a break from reality. Electroconvulsive therapy was utilized as a therapy for many different kinds of psychosis, depression being the most frequent. The side effects of significant memory loss were well documented and reported, but in the most typical cases the improvement of the psychosis was worth the risk. Since then, some adjustments were implemented that greatly improved the risks of the procedure; shocks were given in pulses instead of a steady pace which showed to help with the issue of memory loss. It was also discovered that single hemisphere therapy as opposed to shocking both sides of the brain would help mitigate damages to a patients memory. Anesthesia was utilized to remove any discomfort and prevent convulsing. Before these measures were implemented, patients could writhe and thrash and cause harm to themselves also not good for public opinion.

Chapter 9 : The Myth of Goals: An Honest Observation of What We All Wish Was True

Myth #1: SMART goals are smart. While SMART (Specific Measurable Achievable Realistic Timely) goals were designed to standardize the goal development process, most SMART goals are actually not so.

Tumi Menyatswe By good fortune, I started my career in a commonly misunderstood and widely overlooked sub-sector within the aviation industry, load control. In simple terms, load control focuses on the safety of passengers and the weight and balance of an aircraft. The work ensures that the centre of gravity is always within certified limits and structural weight and balance restrictions are never exceeded. A huge responsibility, even for the trained and desensitised. We lose our centre of gravity. The programme was aimed exclusively at nurturing new talent within Global Load Control. It was industry-specific, and when I secured such a coveted spot, I felt on top of the world – my path was clear. I realised I wanted a different environment where I could get exposure to working with entrepreneurs, especially because by then I had spent time within the Cape Town start-up ecosystem. We learn from failure. I then intentionally challenge and critique how the systems in those industries have been operating. This means things rarely go my way. Nurturing a positive view of yourself, finding ways of developing confidence in your ability to solve problems and trusting your instincts helps build resilience as an entrepreneur. When facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion because that terrible feeling of not winning at first will wear off, eventually. Near wins are almost, if not always, more important than actual wins, as they set in motion a constant pursuit of improvement. I, like most people, have experienced my own set of near wins. And mastery is ultimately more important than success. Sarah defines success as a single moment. Something that comes and goes and is a byproduct of effort. However, what she calls mastery, is the act of working towards something. A system for continuing to set and reach for goals. Purposeful efforts make life interesting. Stay on your own leading edge More will always be required of you. Recovering from failure requires sufficient strength and an ability to support your sense of well-being while managing the stresses brought about by failure. The trick is learning the art of bouncing back. The term most often used is resilience. Along pathways to success and mastery, entrepreneurs, change agents and leaders alike will find adversity, doubt, and near wins. How you manage those is what matters, so learn and adjust where necessary. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience. Remember this, the dark moments that will come will also pass, so focus on getting that shine on. Cheers to celebrating your next near win. Be very clear about what that value is and how you can keep improving on it Find a mentor. Inspiring entrepreneurship activists are fine, but it helps to have a solid sounding board and that takes experience, and someone who has experienced failure themselves. Starting a business is hard, growing one is hard and running one is hard. Doing this day in and day out can be exhausting. Remember to celebrate the small wins and avoid the notion that you have to land some fantastic, outstanding client or reach thousands of customers before celebrating. Rejoice over the first customer or transaction, or over squashing a minor coding bug in a few days. The secret is converting successes – big, small and near misses – into mastery. This starts with the value you give to a near win. Mastery is not the same as excellence. Mastery is not a commitment to a goal but to a constant pursuit. In other words, the pursuit of mastery is an ever-onward almost. Mastery is in the reaching, not the arriving. Success motivates us, but a near win can propel us in an ongoing quest.