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How to achieve goals in the professional life

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Abstract. The article gives some recommendations how to achieve goals in the professional life and what difficulties we can face on our way. We conducted a survey, which helped us address this issue fully. Taking into consideration the answers of the respondents, we managed to show the mistakes that can be avoided if we follow the practical recommendations.

Keywords: professional path, goals, mistake, work, success.

Introduction.

The choice of a profession is an important moment in the life of every person. The further fate depends on this, the more successful the choice is made, the more successful and interesting the life path will be. But the problem is that not everyone goes through their professional path to the end, not everyone has decided and not everyone has achieved their goal. The study has found out that about 40% of people do not work in their specialty. And this is a very hot topic at the moment. The task of the undertaken research was to find out the reason and consequences of this process, and also to examine the ways of achieving goals in the professional way.

Materials and Methods.

To understand the problem under consideration, we analyzed our own experience. We understood that there are a lot of obstacles a person should overcome to achieve their goals. Life success depends on their willpower and strength, also on their perseverance and hard work.

We compared our findings with those of other scientists and made some conclusions, which are described in the results of our study.

We also conducted a survey to understand people's attitude towards their career and profession.

Results.

Our research helped us discover obstacles and problems that arise when a young person wants to start his/her professional life. The first obstacle is the lack of desire or need. This is a very strong incentive that drives us to progress. Also, the desire must be personal, we must want something

personally for ourselves. If a person does not sincerely want change, then no one else will do it for him.

The second obstacle is lack of faith. Many people do not believe that they can achieve something great. Moreover, they do not believe in themselves.

The next problem is uncertainty about how you can benefit from a given goal. It is very important to reflect on this. Because the more you benefit from this goal, the more desire there will be. Not every person analyzes what he/she has already achieved, which is very important to understand what has been done already, and what must be still done. It is necessary to assess the situation at the moment.

The goal has an unlimited definition in time and terms, which, accordingly, does not bring it closer, but moves it away. A lot of young people think that there will be no obstacles in achieving their goal. It is important to know that if there are no obstacles, then there is no goal. In our opinion, even lack of knowledge is not a problem when you are ready and want to learn something. But many respondents think otherwise.

Another mistake is the belief that there is no need of help from other people, when in fact it is a necessity. When somebody gives you a hand, it makes it easier to understand in what direction to go and, what is more important, who can lead you there.

Why do successful people try to wake up precisely before 5 am, and not at some other time? Because they know how their brain works and take full advantage of brainwaves and processes. When you first wake up, your brain works at a certain frequency. If you wake up before 5 am, your brain will be capable of deep and profound learning. Another fact that successful people use is that when they wake up in the first 20 minutes, they meditate, since everything that affects us creates a mood for the whole day. But what does sleep and goal achievement have to do with it? First of all, this is discipline, goals should be much more important than momentary pleasures spent in a warm bed. It is strict discipline and consistency that are an important component of a successful life. But we also should not forget about health, which plays a huge role and determines whether we can achieve our goals or not. Accordingly, our health depends on us, and the goals depend on health, and on us.

In order to take a broader view of this problem, we created a survey in which over 20 people took part. We analyzed and compared our personal experience with the answers of the respondents in percentage terms. The results were surprising and interesting.

To the question "What prevents you from achieving your goal?" 59.1% indicated that laziness is a problem of their unfulfilled desires. Self-doubt and fear have the same metrics. 59.1% of the respondents believe that desire is necessary to achieve a goal, but 31.8% need motivation.

It is interesting to note that 100% of the respondents are not stopped by difficulties. 40.9% of them consider perseverance and hard work to be the most important qualities a person should possess. As for the help from other people, 36.4% want to benefit from it to achieve the goal. 68.2% will ask for advice and partial help from other people.

Surprisingly, 81.8% of respondents will start creating a new idea upon reaching the goal.

The respondents noted for themselves such successful people as Donald Trump, Sergei Guriev, Michael Jordan, friends and mother. They say that these people are a good example for them, they make them move and achieve their own goals. Such people make sure that they meet their personal needs, feel happiness and financial well-being, observe a specific result, change the quality of life in general, and positively influence others.

Conclusion.

In conclusion we would like to present some tips, based on our findings. These tips will help you achieve your goal in any life situation. Just keep moving and do what you can.

1. Make more mistakes and do not worry about them. The main thing is to get up when you fall. Enjoy the process and benefit from the life lessons. Every mistake today is a profit in the future.
2. Between the ages of 30 and 40, you have to think very clearly in order to be productive in your entire life, and also to focus on the things that you are really good at.
3. Do not be afraid to be different, each person is unique in his own way, create something new, because the future belongs to creativity.
4. Get used to being rejected and rejected, never give up. It doesn't matter how people perceive you, keep it simple.
5. Work hard, not for yourself, but to help others to become successful, because your success depends on them.
6. Never complain, it just becomes impossible if you do not do anything.
7. Remain calm and at the same time be ready to attack.
8. Believe in the future.
9. Be optimistic.
10. Learn from mistakes.

In this way, change your thinking, habits and life. Leaving your comfort zone, you will achieve all your goals.

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