

Lesson 5

Achieve and Believe

Introduction

Aiming to achieve high is a desired behaviour that's drilled into us as children. Yet, stress can hinder our performance and lead us to missing out on lifetime opportunities.

Not stretching ourselves or limiting our pursuit of greatness helps keep a lid on stress, and it prevents us from failing. In the long term, however, this does nothing for our human need for achievement.

To satisfy your sense of achievement, there's plenty you can do. By stretching yourself just a little, you can live the life you dream of.

It's in your hands. Recognise what you want. Visualise it. Believe it. Enjoy the success.

Science

Studies show that whilst having a sense of achievement is a human need, it can be detrimental to our wellbeing if we put all our efforts into one area, such as our careers. People who attain achievement from their work only, find that when work ends for one reason or another, so does their self-worth, and meaning and purpose in life.

Research on motivation suggests it's just as important to meet our other innate psychological needs if we are to enjoy good mental health. These include:

Competence – learning and mastery of skills

Autonomy – feeling in control of our own behaviours and goals, and

Emotional connection – to satisfy our need for belonging and attachment.

Value

Setting your sights on achieving something is healthy, as long as you make sure you're also doing other things that keep you a well-rounded person. Those that enable you to feel competent, autonomous, and emotionally connected. In meeting these conditions, you'll be motivated to succeed.

When you succeed, you feel a sense of achievement, and receive that stimulating boost to your ego.

It's a balancing act though, remember this is only one of your human needs. Saving some space to devote to your family and friends, and protecting time for relaxation will enhance your mental wellbeing.

Exercise video

To achieve:

- We need to clarify who we are – what we want. We can do this by thinking about what's important to us, and what our goals are for the next 12 months. Maybe it's to pay off a debt, to reconnect with a loved one, or to complete that distance learning course.
- We need to expose any self-sabotage. Are we engaging in any unhealthy habits that stand in the way of our achievements? Are we burning the candle at both ends? Are we choosing junk food over that which can give us the nutrition our minds and body needs?
- We need to identify mini-goals – by 3, 6, and 12 months' time – I'd like to have... I'd like to be...
- We can improve our confidence by learning any necessary skills, or retraining in something
- To improve our resilience so we can manage any stressors, we can protect time to relax, taking up tai-chi, regular meditation, or yoga.
- We need to keep focussed and stick to the plan and believe we can live the life we want to live.
- To help motivate us and keep us going on our life plan, celebrating our successes will give us that pleasing nudge.

Wrap

If you're feeling like there's more to achieve, take a leap of faith and step into a new world where you can realise your dreams. Your dream job. Your dream relationship. Your dream life.

When you start enjoying what you're doing, setting mini-goals for yourself that you can tick off at your own pace, you and others will notice and recognise your true value.

CTA

If you need help to visualise your future life, our next lesson focuses on just that. Join us then to conclude your journey on Stress Less Achieve More.