

# Accomplishment

achievement: mastery: competence

“if at first you don’t succeed, try, try again” Thomas H. Palmer



- Experiencing accomplishment means that we have been able to work towards and achieve our goals, drawing on internalised motivation to complete what we set out to do.
- Accomplishment contributes to our wellbeing when we are able to look back on our lives with a sense of achievement and say ‘I did it, and I did it well’ (Seligman, 2012).

## Motivation

Our ability to achieve and accomplish hinges largely on having motivation to persevere at a task or goal. Research suggests that goals are usually set with one of two types of motivation. Cultivating **approach motivation** involves setting goals that require motivation to move towards something with a positive outcome in mind, for example mastering a skill, or saving a certain amount of money. Conversely, **avoidance motivation** emerges when goals are set to escape or avoid a negative outcome, or reduce a negative state for example to lose weight, or to reduce stress.

Pursuing internally motivated goals with approach motivation, that is goals related to personal growth, connection and that mean something to us produces larger gains in wellbeing. Evidence shows that motivational goals are more sustaining over time.

## Grit: what helps us to persevere?

People who exhibit grit don’t just finish what they started, they persevere at their goals over time. Grit has been defined as **perseverance x passion**. Grit is a form of resilience, however the ingredient of passion in its equation relates the concept strongly with sport. Leading researcher in the field of grit Angela Duckworth discusses the power of passion and perseverance in her TED Talk [here](#)



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## A few tips to develop accomplishment for wellbeing:

1. **Set yourself mini-goals:** large goals can take a long time to achieve, so setting yourself some stepping-stone approach goals in pursuit of the master goal can be a clever trick to maintain focus and motivation
2. **Include values:** goals are more likely to be accomplished if they are linked to values, and if they are connected to an individual's purpose and meaning. Which of your life accomplishments really stand out to you? Chances are these were intrinsically motivated by personal values. Try to harness these for future goal setting.
3. **Adopt a growth mindset:** A positive approach to mistakes and setbacks, and regard for them as part of the learning process will help you to stick to the path of committing to your goals. Remembering that failure is the route to mastery should help you with your perspective if you do encounter challenges or setbacks on the road to accomplishment of your goals.

## Setting SMART goals

This [short video clip](#) is a useful way to explain why SMART goal setting is so important for athletes. Setting SMART goals can help to build levels of accomplishment, in turn contributing to positive wellbeing outcomes.

But remember that athlete or not, to experience the benefits of accomplishment for wellbeing your goals don't have to be big ones! Completing a puzzle, mastering a new skill, or entering a social challenge are all examples of fulfilling ways to experience accomplishment.

Remember our [character strengths](#)? Yours could help you with accomplishing your goals, and using them daily is another way we can continually contribute to the growth of our own wellbeing.

If you're interested, you can check out some different goal setting exercises [here](#).

