

**Simone Janson (ed.)**



**Pursuit realize  
implement everything,  
plan & decide with  
strategy  
communication  
rhetoric, stay on track  
to success, win by  
ambition & focus**



# SET GOALS

**THE RIGHT WAY  
& ACHIEVE THEM**

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# **Set Goals the Right Way & Achieve them**

Pursuit realize implement everything, plan & decide with strategy communication rhetoric, stay on track to success, win by ambition & focus

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Tom Diesbrock

Dr. Denis Mourlane

Dr. Cornelia Topf

Dirk Kreuter

Jens Korz

Jörg Romstötter

[Jürgen Heinrich](#)  
[Prof. Dr. Kira Klenke](#)  
[Mark M. Galal](#)  
[Dr. Cornelia Topf](#)  
[Elmar Lesch](#)  
[Ralf Koschinski](#)  
[Claudia Hupprich](#)  
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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

## **Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback**

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

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Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because there is no doubt: Goals are what drives us to be productive at all. And they make us stand up and go on if we fail. However, it is important to set goals correctly. They shouldn't seem too big and unreachable, but big enough to be challenging and develop. Good goals are smart and feasibility is an important keyword here. Many well-known entrepreneurs and celebrities have one thing in common: the ability to develop great visions, to persevere and to achieve them. But you shouldn't be too impatient when pursuing your plans, it takes rhetorical skill and strategic skills to convince other people. This book shows how to develop the right goals and implement them despite all the adversities.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

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learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

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# **Self-efficacy: Directing in life like the Prince Charming**

*// By Tom Diesbrock*

People with a high degree of self-efficacy are actually the more successful ones. The fact that people are also happier when they see themselves as designers of their own (professional) life is certainly not a surprise either. Just like the princes in fairy tales.

## **Prince or Meme?**

Princes are usually long on the road until they find what they are looking for. Princesses, kings, treasures and whatever you can find in fairy tales. In the process, they have become irritated with resistance and adversity, but in the end, of course, because the actors happily live to the end of their days.

I do not know a fairy tale in which the prince sitting in his castle, cruising around the pool and just waiting - because he has no idea where and where he could look for:

*"To be or not to be? Princesses out there? May well be. But what if not? What if I get lost? But it's so desolate here, and I'm no longer the youngest. And the dragons? I'm a little afraid of them. Looking in front of the castle gate? I could do that. But does that bring anything? Maybe tomorrow will be a good idea. Or some magician or someone else stops by and tells me what to do. Good plan. Man, this is bleak here. "*

## **Comparer or director?**

Princes in the fairy tale are rather directors who actively take their lives into their own hands. Many others are more like extras, passively waiting for something to change.

The question, however, should ask everyone is whether he is in his life rather extra or director. If you had to decide now, quite honestly, what attitude do you tend to have more?

## **Change patterns thanks to neuroplasticity**

No matter how you feel, the good news is that even though we are less self-effective than it is good for us, this does not necessarily have to be the case!

The neuroplasticity of our brain, that is the ability to learn for life, gives us the opportunity to change ground thinking patterns as well. Think of the highway

comparison of the neurobiologist Gerald Hüther - it is primarily a matter of will and commitment.

### **The longer the horse is dead, the more reactive your attitude**

If you have been holding an unsatisfying job for a long time, it is high time to think about how active or reactive your career strategy has been. Even if you do not like to read it:

The longer your horse has been dead, the more reactive your posture is, the more you are governed by your “inner extras”. After all, all “reasons to ride a dead horse” are extras arguments.

### **There are neither flower heads nor princesses available for extras**

With a purely reactive career strategy, today nothing can be gained. The times when one had to put on one horse only once in a lifetime are definitely over.

Each of us is asked to take care of our own career management, and this is not just for the jobs at the top of the career ladder. The more we dare to take over the direction of our career planning, the more we will get it and the more fun we will have!

### **Someday I'll be a dream**

Oh yes: under extras - at film and at work - the dream is widespread, one day still to be discovered. Then someone will recognize their qualities all of a sudden and give them the great opportunity.

Of course, it is not necessary to become active yourself - it is enough to place yourself as decoratively as possible in the third row and to wait. A really nice dream. How little of that is a reality and that one really shies from getting off a total horse, I will in the coming days in a series Best of HR – Berufebilder.de® demonstrate.