

OBIECTIVE SMART ȘI OBICEIURI BUNE

SMART GOALS AND GOOD HABITS

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Abstract: Small habits, tiny habits or mini habits, it is not really important how you call them, because they all represent the *new way of doing things right*. Books, blogs, videos and TED talks tell us that things have changed, or better said, they haven't, but we need to. Therefore, what if you discover that setting a goal and then disengaging from it is not necessarily a bad thing, or that small, tiny habits could actually help you make, and more important, keep that important change in your life? What if you realize that a specific, measurable, attainable, relevant, and timely goal associated with a good habit could bring the behavioural change that you have been expecting your entire life? What if we discover that we could teach all these things to our students? Wouldn't it be nice?

Keywords: smart goal; tiny habit; mini habit; behavioural change.