

RESOURCES

BOOKS

Goleman, D. (2017). *Leadership that gets results*. Harvard Business Review Press.

Pink, D. (2009). *Drive: The surprising truth about what motivates us* (1st ed.). Riverhead Books.

ONLINE ARTICLES/WEBPAGES

Chang, B. P. I., Webb, T. L., Benn, Y., & Stride, C. B. (2017, March 24). Which factors are associated with monitoring goal progress? *Frontiers in Psychology*, 8(434). <https://doi.org/10.3389/fpsyg.2017.00434>

Chowdhury, M. R. (2023, September 9). *The science & psychology of goal-setting 101*. Positive Psychology. <https://positivepsychology.com/goal-setting-psychology>

Harkin, B., Webb, T. L., Chang, B. P. I., Prestwich, A., Conner, M., Kellar, I., Benn, Y., & Sheeran, P. (2016). Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence. *Psychological Bulletin*, 142(2), 198–229. <https://doi.org/10.1037/bul0000025>

Weir, K. (2020, February 1). *The gritty truth*. American Psychological Association. <https://www.apa.org/news/apa/2020/gritty-truth>

Woolley, K., & Fishbach, A. (2017). *Immediate rewards predict adherence to long-term goals*. *Personality and Social Psychology Bulletin*, 43(2), 151–162. <https://journals.sagepub.com/doi/10.1177/0146167216676480>

VIDEOS

Doerr, J. (2018, April). *Why the secret to success is setting the right goals* [Video]. TED. https://www.ted.com/talks/john_doerr_why_the_secret_to_success_is_setting_the_right_goals

Duckworth, A. (2013, May 9). *Grit: The power and passion of perseverance* [Video]. TED. https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

WEBSITES

16 Personalities: <https://www.16personalities.com>

Human Metrics: <https://www.humanmetrics.com>

TOOL

SMART Goal Worksheet

Smart Sheet. (n.d.). Project goals and objectives. Smartsheet.

<https://www.smartsheet.com/sites/default/files/IC-Project-Goals-and-Objectives-9237-PDF.pdf>

APPS

Coach.me – Goals and Habits

[Android](#) | [iOS](#)

Goal Setting Tracker Planner

[Android](#) | [iOS](#)

Strides: Goal Tracker

[iOS](#)

Way of Life – Habit Tracker

[Android](#) | [iOS](#)