

Useful Resources on Goal Setting:

Goal setting - https://www.mindtools.com/pages/article/newHTE_90.htm

SDT - <https://www.verywellmind.com/what-is-self-determination-theory-2795387>

GROW Model - https://www.mindtools.com/pages/article/newLDR_89.htm

GROW Model - <https://www.businessballs.com/coaching-and-mentoring/grow-model/>

SMART Model - <https://www.mindtools.com/pages/article/smart-goals.htm>

SMART Model - <https://www.businessballs.com/self-management/smart-goals/>

Covey's 7 Habits - <https://www.franklincovey.com/the-7-habits.html>

Excellent video on the 7 Habits of Highly Effective People: <https://www.youtube.com/watch?v=WFc08j9eorQ>

Dweck's Mindsets video - <https://www.youtube.com/watch?v=hiiEeMN7vbQ>

Dweck's Mindsets - <https://fs.blog/2015/03/carol-dweck-mindset/>