

Make Good Things Happen for You in 2023



2023 Is
Your Brand
New Year.
How Will
You Begin?

 Jackie Marquette Ph.D.

Hi! My Name is Sarah.
I will introduce you
to tools to help you
create your own plans
to reach your 'New
Years' Goal.



Next, take a look at the contents of
this resource.

 Jackie Marquette Ph.D.

Contents:

Title: MAKE GOOD THINGS HAPPEN FOR YOU IN
2023

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WORKSHEET: Clarify What You Want

POSTER: Keys That Strengthen Progress to Reach A Goal

WORKSHEET: List the Keys You Want To Do. Write your answers.

POSTER: Discover Drive

POSTER: Having 'Drive' is the stuff (emotions, energy, determination) you have inside to make good things happen for you.

POSTER: People Of All Ages Show The Basic Drive To Make Things Happen

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POSTER: 'Claim Your Strengths' Checklist

WORKSHEET: Use the 'Claim Your Strengths' Checklist. Write Possibilities

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WORKSHEET: When You Reflect On Your Progress: You Win.

 Jackie Marquette Ph.D.



You start goal setting by first thinking about what you really want. Yet some persons may not be ready. The next slide gives you ideas to turn into actions that move you forward and make you resilient.

Poster

Feeling Powerless?

Might be a sign to...

Ask for help from someone you trust and who has your back.

Imagine good things happening that lie ahead of you.

Recognize your own unique strengths.

Explore an interest, hobby, or a career that is a good match to your true self.

Believe in yourself and your ability to learn something new.

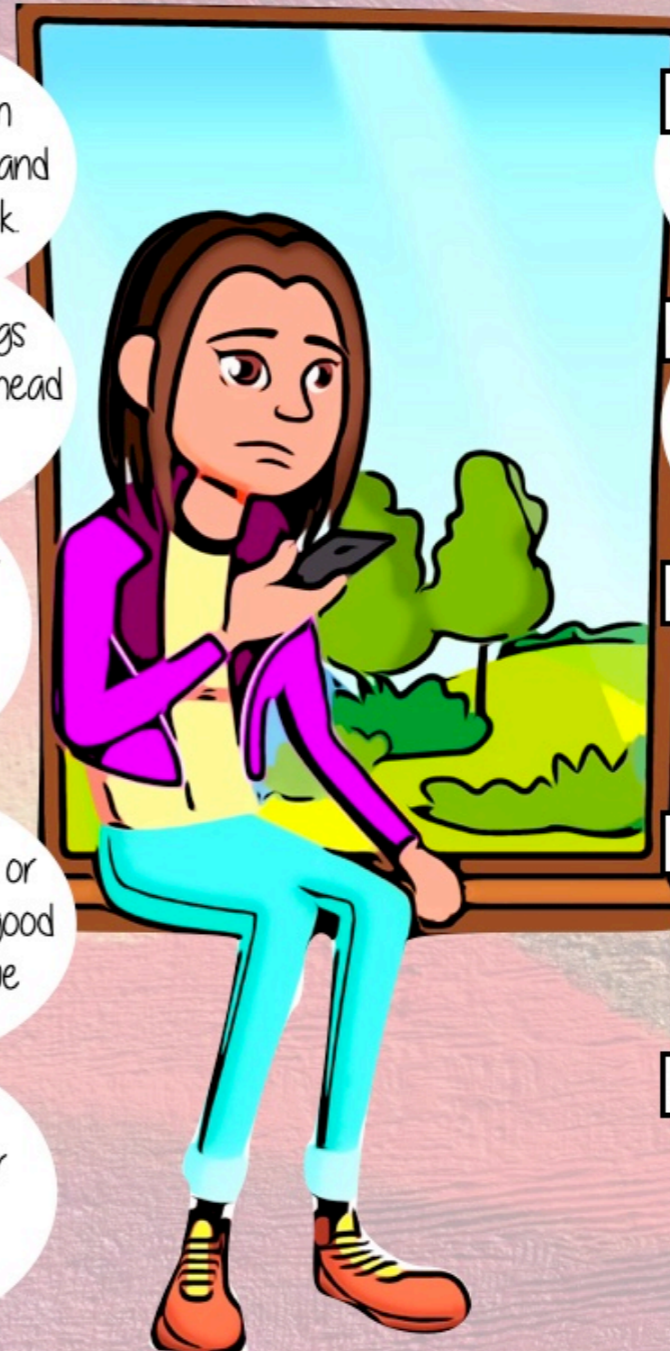
Engage in a pleasurable activity. Do what makes your heart sing.

Honor your needs. Know when to rest, sleep, exercise, and eat healthily.

Write, draw, or paint a picture about yourself: you're needs, or visions of your dreams.

Reach out to someone who will listen to you.

Be kind to yourself.



Empower yourself.

Worksheet

Using the Previous Slide, List One or More Activities to Try. Afterwards, Write About Your Experience

WRITE...

Worksheet



Clarify What You Want

Write Your Answers

1. What would you like to change or improve in your life? write...
2. What is your current situation, or how are you dissatisfied? write...
3. Take a minute to see into the future. How do you envision a satisfied, happy outcome? Have fun! Try one or more of these.
 - a. Make a vision board. Cut out pictures or draw pictures of what your goal coming true would look like for you in your future.

OR

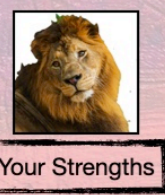
- a. Write a description or tell someone you trust about what you seek to have from your goal. Most importantly, set a goal right now and later reach it in your new reality.



Discover The Keys to Reach A Goal

Poster

Keys That Strengthen Progress to Reach A Goal



Worksheet

List the Keys (from the Previous Slide) You Want to Do. Write your answers.

WRITE...





Discover Drive

Next Read Examples
How People of All Ages
'Drive'



Let's Look At What Having 'Drive'
Actually Means. Having 'Drive' Isn't
About Driving a Car.



Having 'Drive' Is About Driving Your
Life With A Goal.

Poster

Experience the
positive
expectation of
goal setting.

Experience the
focused energy
of moving closer
to your goal.

Experience the
pleasure of doing
tasks with joy.

Experience the
development of
your strengths to
make goal
progress.

Experience the
satisfaction and
determination of
being on your
goal journey.



Having 'Drive' is the stuff (emotions,
energy, determination) you have
inside to make good things happen
for you.

Poster

People Of All Ages Show Basic Drive To Make Things Happen



A baby stacks a toy piece to make it fit. She doesn't stop after she builds it one time. She has the drive to play with it over and over again.

An 8 year-old makes movement and action with a remote control car. He doesn't stop after the first time. He has the drive to make the car move all afternoon.



A 16 year-old dances to her favorite music. She doesn't want to quickly get to the end of the song. It is the experience and joy of dancing she loves.



A soccer player develops his athletic skills. He has the drive to practice long hours each day to get a scholarship at the university.



A college student studies to pass an exam. It is the goal of getting a degree to be a nurse that drives her focus and effort.



A high school girl studies piano. She has the drive to practice everyday. She hopes to get accepted into the academy for further training and development. She wants to be a classical pianist.

Worksheet

Reflect on Your 'Drive' Write Your Answers.

Write.....

When You Use 'Drive' with Your 'Strengths' You Move Closer to Your Goal.



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Poster

'Claim Your Strengths' Checklist Discover your strengths.

You have the potential to develop more fully a strong interest that you have. Some examples include: studying plant life, doing math applications, or passion to work with others on a team such as a school or community

You feel energized and joy when using your strength in entertainment with yourself or among others (i.e. playing the guitar).

You feel more at ease or more focused to perform a task when applying a specific strength (i.e., listening to uplifting music, a calm setting, untimed work).

You create something beautiful or valuable when using a strength. (i.e., painting on a canvas, drawing on paper, baking bread, or repairing or restoring something broken.)

You benefit in some way: achievement in academics, enjoyment in a hobby, feelings of fulfillment while performing an act (i.e., singing) thus, using your strength (s).

You may feel calm or emotionally regulated when using a strength (i.e., planning a routine, or creating a checklist to keep you focused during times of stress or change).

Your strengths are values that are useful in vocational/career goals (i.e., there are many, but two: kindness or trustworthiness.

When using strengths, you increase your own well-being or you contribute something good or valuable to the workplace setting, family, or community setting.

Worksheet

Use the 'Claim Your Strengths' Checklist. Write Your Possibilities.

1. You have the potential to develop more fully a strong interest that you have (i.e., studying plant life, doing math applications, passion to work with others on a team such as a school or community festival). write about one possibility to try, or give an example. you experienced...
2. You feel energized when using your strength for joy and entertainment, yourself and with others (i.e. playing the guitar). write about one possibility to try, or give an example. you experienced...
3. You feel more at ease or more focused to perform a task using your strength. write about one possibility to try, or give an example. you experienced...
4. You create something beautiful or valuable when using a strength. (i.e., painting on a canvas, drawing on paper, baking bread, or repairing or restoring something broken.) write about one possibility to try, or give an example. you experienced...

Discover Your Strengths



Go to the Next Slide and Read the Poster 'Claim Your Strengths' Checklist and Discover Your Own Strengths

Use the 'Claim Your Strengths' Checklist, Write Your Possibilities, continued.

5) You benefit in some way: achievement in academics, enjoyment in a hobby, feelings of fulfillment while performing an act (i.e, singing) thus using your strength (s). write about one possibility to try, or give an example. you experienced...

6) You may feel calm or self-regulated when using a strength (supportive predictable routine, or creating a checklist to keep you and focused during times of stress or change. write about one possibility to try, or give an example. you experienced...

7) Your strengths are useful in your vocational/career goals are many, but two: kindness or trustworthiness. write about one possibility to try, or give an example. you experienced...

8) When using your strengths, you increase your own well-being contribute something good or valuable to the workplace setting, or family. write about one possibility to try, or give an example. you experienced...

Write Your Goal



1) My Name Is:

2) My Goal Is:

3) The reason I want to reach this goal is:

4) By reaching this goal, I choose to have a better life include:


more meaning, purpose, joy:

greater achievement on my own:

increased connection to others:

making a contribution to other people's lives, the community, the world.

Next Create Your Personalized Journey



Your 'Winning Goal Checklist' of Action Steps

- ✓ Inventory your **strengths** and challenges.
- ✓ Define your own terms for the **journey** to your goal.
- ✓ Recognize your **'drive'**.
- ✓ Consider specific environments you have a real interest in where you can practice and experience **progress**.
- ✓ Before starting your **journey**. Decide the pathway and necessary next steps.
- ✓ **Connect** with people who see the best in you and support what you want.
- ✓ Spend **focused energy** aligned with **action steps** to make progress toward your goal.

Poster

5 KEYS TO MAKE PROGRESS On Your 'Goal Journey'

drive

When it comes to setting a goal, start with the **drive** to make things happen. Everyone has a basic drive to make the things they want in life happen. You only have to choose. This is known as 'effectance motive' (White, 1959).

pleasure

When it comes to setting a goal for a career, create it with **pleasure**. When pleasure is present, progress becomes easier and more enjoyable. Set for yourself any goal you want. Most of the pleasure will be had along the way, with every step that takes you closer to reaching a goal.

progress

When it comes to making plans, create with gradual **progress**. When gradual **progress** is recognized, increased capability builds - making accomplishing a goal a reality.

journey

When it comes to taking the journey to your goal or having career satisfaction, most people have more satisfaction when they know [and use] their **strengths**. This is the optimistic conclusion coming out of psychology research,

strengths

"When it comes to a goal pursuit, it really is the **journey** that counts, more than the destination. We can call this the 'progress principle.' Pleasure comes **more** from making progress toward goals than from achieving them.

Content from Jonathan Haidt, *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*

Jackie Marquette

Worksheet

Create Your Own Personalized Journey With the 5 Keys To Make Progress (previous slide)

1. Inventory your **strengths** and challenges. Refer to the 'Claim Your Strengths Checklist' Write your strengths....
2. Define your own terms for the journey to your goal. What **drives** you? Or what are you drawn to or interested in? What are your **personal preferences**? write....
3. What areas do you have 'drive'? write....
 - a. See the value of your strengths write about their value....
How will you develop your strengths? write....
How will you find **pleasure** in using your strengths along your goal journey (career or other). write.....
4. Consider specific environments you have a real interest in where you can progress and see **progress**. Will any of these settings help you progress toward your goal? write.....
5. Before spending effort on the **journey**. Decide the pathway (action steps). Will your plan and efforts point you in the direction of your goal (i.e., a career). write if you know.....
6. Connect with people who see the best in you and support what you want. write if you know.....
Or you might know someone to ask for support or to mentor you. write
7. Spend your focused energy aligned with action steps to make progress toward your goals. write how you plan to do this.....

Poster

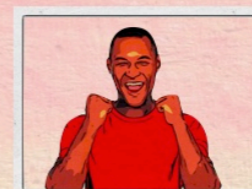
Five Ways You Are A Winner: Easy Self-evaluation.



You focused on your goal a little bit each day. **You are a winner!**



You used your strengths, the best that you have inside you to work on tasks. **You are a winner!**



You didn't give up, you took brave steps. **You are a winner!**



Found meaning and purpose on your journey. **You are a winner!**



You created pleasure and gave yourself needed self-care. **You are a winner!**

Jackie Marquette Ph.D

When You Reflect On Your Progress:

YOU WIN

Write Your Answers

I.....
focused on my goal a little bit each day?
If yes, [you win](#) - you stayed on your journey. write what you did...

I.....
used one or more of my strengths when working on a task?
If yes, [you win](#) - you used your best within you to work on tasks. Remember your best moments are different each day depending upon challenges and obstacles in front of you. Be kind to yourself during these times. write about your actions...

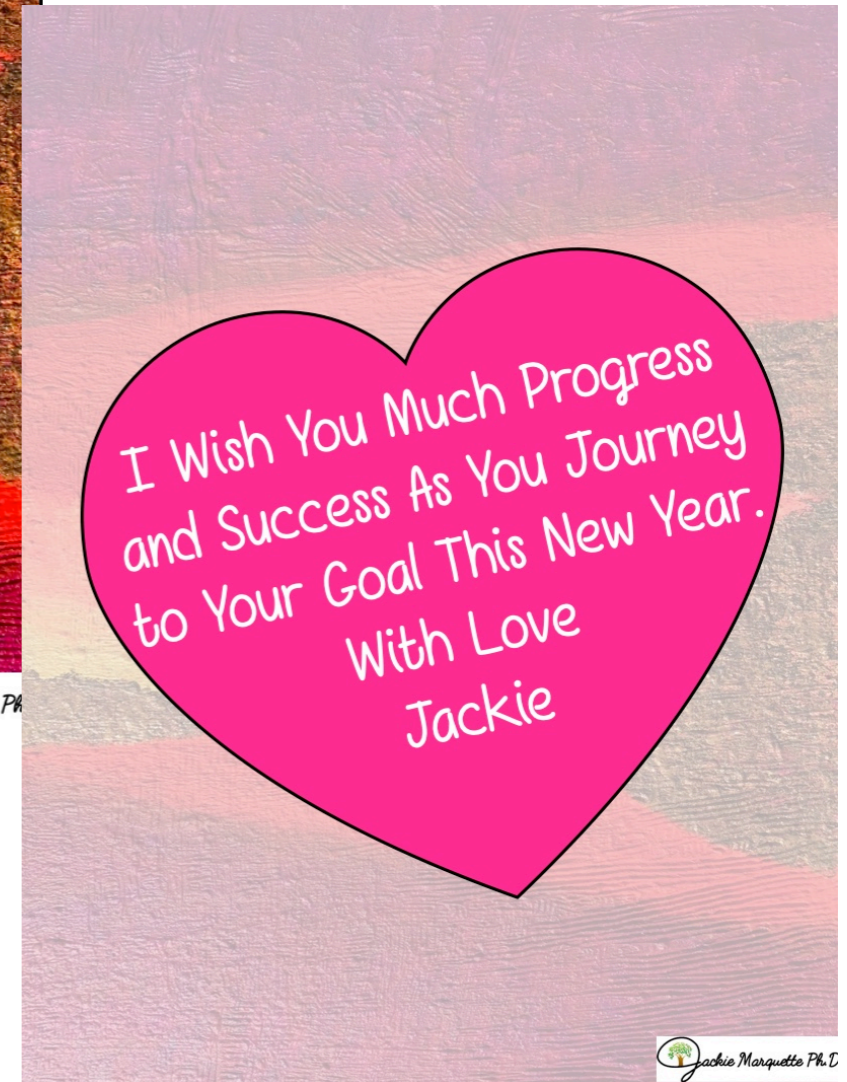
I.....
when needed asked for help or used self-advocacy when faced with setbacks or obstacles?
If yes, [you win](#) - you didn't give up, you took brave steps. write what happened and how you got up for yourself or someone spoke up with you...

I.....
found pleasure in taking steps toward my goal, or found pleasure in rewarding myself after giving much effort?
If yes, [you win](#) - Sure you have to work hard, but finding pleasure and giving yourself self-care is necessary to goal accomplishment. write about your self-care actions...

I.....
found meaning and purpose in moving toward my goal?
If yes, [you win](#) - finding meaning and staying on the journey was discovered in positive psychology to be more important than achieving the goal. Why? Because it brings to you well-being and satisfaction in life. write...



What you do today
makes the sun rise
tomorrow.



I Wish You Much Progress
and Success As You Journey
to Your Goal This New Year.
With Love
Jackie





About Dr. Jackie Marquette

My focus is helping 'early career students'. I teach courses, coach, write books and create digital resources to help 'early career students' identify a career right for them. My resources also relates to the student's needs to be ready socially and emotionally because college and the workplace will require much from them.

Over the past three decades, I loved working with youth who are neurodivergent, autistic, and neurotypical, identifying their best assets/qualities. In the past 3 decades my work involved negotiating job placement with supports, and untangling when I could - the environmental barriers that got in the way of their capability. It wasn't easy. But working in collaboration with others to change attitudes that opened doors into inclusive workplaces was worth it all. I recently created my signature model 'Thrive Career' from decades of my work, experiences, and my 15 year qualitative research.

Most intimately, I gained in-depth insight from over hundred's of thousands (too many to count) life experiences on my journey with my autistic son, Trent, as I created supports to meet his needs and quality of life. Over the past 20 years, I observed his passion experiencing a long career as an expressionistic/abstract artist. It hasn't always been smooth and easy, and at times, it has been a rough, bumpy road. But he continues to show us, he thrives.

All of my books and digital resources are based upon my real life experiences and then research. Let me know if you have any questions. I will be happy to answer them. drjackiemarquette@gmail.com.