

# What to Do & Not Do When Setting Goals | Dr. Emily Balcetis & Dr. Andrew Huberman

<https://silosolo.com/264480>

## Summary

The transcript discusses the effectiveness of using the finish line strategy to make the start line a goal and increase motivation. It also explores the physiological changes that occur when visually focusing on the start line. Common strategies like vision boards and dream boards are mentioned as visual representations of goals. However, creating visual representations may not always be effective in achieving goals as it can lead to a sense of goal satisfaction and decreased motivation. The goal setting process involves articulating the goal, planning practical steps, and considering potential obstacles.

## Silo sample questions

- Can I use the finish line strategy to make the start line a goal and get my system more engaged or motivated?
- Are there any physiological changes when focusing on the start line?
- What are common strategies that involve vision in goal setting?
- Why is creating visual representations of goals not always effective in achieving them?
- What are some additional stages in the goal setting process?

## Topics

goal setting  
visualization  
motivation  
physiological changes  
obstacles

## Key Takeaways

- Yes, you can use the finish line strategy to make the start line a goal and increase motivation.
- Yes, there are physiological changes when visually focusing on the start line that can increase excitement and engagement.
- Common strategies that involve vision in goal setting include vision boards, dream boards, and visual representations of desired accomplishments.
- Creating visual representations of goals may not be effective in achieving them because it can lead to a sense of goal satisfaction and decreased motivation to take action.
- In addition to articulating the goal, it is important to think about the practical steps to reach the goal and to consider and plan for potential obstacles.

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