



18-24 NOVEMBER 2022

SETTING GOALS THAT ARE MEANINGFUL TO YOU

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The first semester of this school year is about to see its end and everyone is getting excited as the holiday season is about to start. Endings and beginnings are always special for people since it gives them time to reflect and take inventory of themselves, to be grateful, to hope for better things, to make a promise of transformation and to take the opportunity to make amends. As we prepare ourselves to celebrate the Christmas season and later on the new year, let us realign our priorities, set meaningful goals for us to achieve and remain focused on the things that matter most to us.

I came across an article recently and it piqued my interest since it has a different take on goal-setting. In addition, it was based on a study on New Year's resolution that was conducted on American respondents. There were findings here that you may find interesting and as you reflect later on, maybe there is really wisdom to it. Here is the article.

Are You Pursuing Goals That Truly Matter to You?

How experiences of awe help us set and go after more authentic goals.

Written by: Jeffrey Davis M.A.

If you have a complicated relationship with goal setting, you're not alone.

According to a study on New Year's resolutions by Statistic Brain, only 45 percent of Americans usually set New Year's goals, and 38 percent never do. Of those who did set goals, only 75 percent made it through the first week.

Why do so few people set goals, or keep them when they do?

The answer may be in a new study by researchers Tonglin Jiang and Constantine Sedikides titled,

["Awe Motivates Authentic-Self Pursuit via Self Transcendence: Implications for Prosociality."](#)

In the study, the authors explore two hypotheses:

- Awe motivates authentic-self pursuit
- It does so by amplifying self-transcendence

UPCOMING EVENTS

November

- 18** Marking Day
- 23-25** Primary & Secondary IPW Presentation and Judging Day
- 25** NHJS Open House
- 26** SC: Into Santa Land



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In other words, they ask when we experience awe, are we more likely to be in alignment with our true or genuine selves? And if so, how can we tap into that sense of awe to set more authentic goals?

The effect of awe on authentic-self pursuit

Jiang and Sedikides tested their hypotheses in a series of 14 studies, using a mix of study types, experiments in both field and laboratory, and a wide range of participants in both China and the United States.

Many of the studies explored the relationship between “dispositional awe” (or, how disposed a person is to regularly feel awe) and authentic-self pursuit by asking participants to agree with statements such as “I feel wonder almost every day” and “I often feel awe.” They found that those who agreed – in other words, who were more disposed to feeling awe – were also more motivated to pursue goals that felt true to their authentic selves.

But was this correlation between awe and authentic-self pursuit purely dispositional? Or could it arise from anyone who has experienced awe?

To answer that question, several studies explored how the participants’ sense of awe could be manipulated. For example, the researchers presented half the participants with awe-inducing pictures such as the Aurora Borealis and the Milky Way above Mount Fuji, then asked them to recall the last time they experienced awe. The control group was shown pictures depicting household chores such as laundry and asked to recall the last time they did that chore.

The consistent finding? Over the 14 studies, awe motivates authentic-self pursuit. Why is this finding so important?

I reached out to Tonglin Jiang to ask how the study pertains to people shaping goals for a new year or life transition.

“I think it suggests that when you feel confused, meaningless, or losing direction, you could look up into the sky, or commune with nature,” she wrote back. “The awe feelings induced by them would liberate you from your daily triviality and help you find your inner compass.”

Setting goals that are authentic

As I’ve worked with literally thousands of people – from leaders and founders to creatives and entrepreneurs – I have noticed a few key elements that help people keep pursuing goals once they’ve set them. And those elements tie directly to this study.

One reason so many of us abandon goals is that they don’t align with our real vision for ourselves or our work in the world. We set inauthentic goals that don’t resonate, or “should” goals which are based around things we feel we ought to do, rather than things that inherently motivate us or light us up.

Or, we shun the whole idea of goal-setting because past experiences led to disappointment. For example, a common new year goal is to lose weight or get into shape, which we all feel we “should” do.

Part of the inherent problem, too, is our method for goal-setting. We fixate on an outcome, write it down, and then forget about it.

There’s little meaning in the outcome and very little meaning in the actual process. So no wonder we meaning-making mammals forget about ‘em.



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It's important to have meaningful experiences that tap into our deep why and motivation that then give rise to the what or goal we're pursuing. Then we'll likely be more motivated to map out the how and next steps to get there.

This study corroborates a key finding in my body of work: that experiences of wonder can be part of our method for setting and then pursuing goals that matter.

We can pursue experiences of awe and wonder to tap into our authentic selves. Doing so in turn can transform that uninspired goal into something that truly motivates us to become a person, for instance, who relishes this one life by bringing more curiosity and care to diet or exercise.

But how do you pursue experiences of awe when you don't live next to the Grand Canyon?

Setting goals that are exceptional

A client founded a racial equity organization that has performed exceptional work over the past five years. On the surface, her goals are aligned with her authentic self. But over the past few years, she's found herself exhausted by the work rather than energized by it.

I encourage several clients and members of my mastermind inner circles to find a "horizon spot." A horizon spot is a place where they can experience a big visual expanse. The place should be easy to access and invoke a feeling of openness and positivity.

It turns out that finding a horizon spot is an exercise I have innately done since I was a teenager — finding a distant horizon to get perspective and reflect.

The point is to gain perspective and create space to ask questions like, "Who am I? Who have I always been? How do I most want to show up? What do I most want to be known for?"

Geography and place can expand our sense of self and induce an experience of wonder or awe.

When my client found her horizon spot and began asking those deeper questions, the answers led her to set goals for a new initiative outside of, yet in relationship to, her organization — one that has energized her again.

In experiencing awe, we can allow ourselves to crack open and see ourselves in relation to a much bigger sphere of influence, and set goals that are even more expansive and in alignment with our authentic self than what we had previously planned.

Find your experience of awe

In my book *Tracking Wonder: Reclaiming a Life of Meaning and Possibility in a World Obsessed With Productivity*, I refer to horizon spots in two contexts.

One is regarding openness. When you're beginning something new — a new initiative, a new chapter in your life or work, a new year — a horizon spot can keep you buoyant and open to possibility.

The other is hope. A horizon spot can help us get perspective when times feel hard. Small, meaningful goals are essential among people who are hopeful amidst adversity.

Before setting next year's goals, take time to experience awe, and find a horizon spot where you can gain a big visual expanse, whether that's a viewpoint on a nearby hike or the highest point in your town. Position your body so you can gaze directly onto the horizon before you, and permit yourself to truly experience the feeling of openness, and daydream forward in your life.

I encourage you to take your journal and explore your Hope Horizon. Ask yourself, What is one meaningful goal you aim to reach within the next three months or less?



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Here are some other questions to help you explore:

- What will you create in 2023?
- How will you show up for your community?
- How will your life have even more meaning and fulfilment?
- How can you live in closer alignment with your authentic self?

Track experiences of wonder and awe to open your perspective beyond the narrow “should” goals, and instead create a more expansive set of actionable goals that truly matter.

Shared by:

Mr Dexter H.C. Canicula

Dean for Secondary and Junior College

Students' Achievements

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CONGRATULATIONS

KEN ANANTA HUANG (Y7I) **CLARISSE ELAINE HUANG (Y9G)**

1st Prize **Diamond Award**

Rhapsodie Indonesia Piano Competition

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CONGRATULATIONS

KEN ANANTA HUANG (Y7I) **CLARISSE ELAINE HUANG (Y9G)**

GOLD **SILVER**

4th AGPB Piano Festival 2022



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EMS Department's Article

The English, Mathematics, and Science Application Learning Week kicked off on Monday, 14 November, and runs until Friday, 25 November 2022.

Application Week is a student-centered learning experience, conducted over two weeks at the end of each semester. It allows students in Years 1 and 2 to engage in different activities, complete a project, and apply the concepts and skills they learned in the previous terms. The activities are designed to cultivate values and traits that will help the students grow as life-long learners, persevering in challenges and working well with others. In addition, this program enables the students to conduct basic research using different digital platforms such as Google, Wikipedia, and YouTube. It also provides an avenue to gain more confidence in presenting their learning output to an audience.

In Year 1, this semester's activities are centred around the theme "All About Me." Students are expected to create a lapbook which, in the process, allows them to revise the topics on their sense of identity and uniqueness. It also encourages them to hone their skills and knowledge in sentence writing, using proper nouns, measuring length, identifying body parts, searching for information from the internet, citing sources, and public speaking.



In Year 2, the theme focused on "What I Want to Be" to help raise the students' awareness of their interests and passion. They are expected to come up with a scrapbook that enables them to practise their skills in measuring, colouring, researching, citing references, collaborating, and presenting.



Students are buzzing and filled with excitement going about their activities. The next Application Week will take place in weeks 8 and 9 of the second semester, with more fun-filled learning tasks to complete.

Shared by:

Ms Catherine Razote-Yecpot & Y1-Y2 Mentors



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SLI Blaze Cup 2022

Congratulations to our High School basketball team!

NHJS High School Basketball Team participated in SLI Blaze Cup 2022 and achieved 3rd Place. This competition employed double elimination and was participated by 8 schools: Raffles Christian School Kelapa Gading, Raffles Christian School Pondok Indah, Sekolah Lentera Indonesia, Tunas Muda School, Sekolah Notre Dame, Sekolah Muhammadiyah, NationalHigh Jakarta School and Morning Star Academy.



Our team won 2 games and lost 2 games thus led us to the 3rd place. In the elimination round of the final game, our team put up a good fight against the Champion, Tunas Muda School, even though our center player, Cayden Halim was experiencing injury. Nonetheless, it was a great game and excellent team effort from our boys. We will aim for better performance in the future.

Shared by:
Coach Indra



GROW Corner: Imperial College London Visit



Imperial College London came to visit NationalHigh Jakarta School on Friday, 11th Nov, 2022. Ms. Beau Garry is the International Admission Officer for ICL. Beau brought along with her information such as personal statement best practice and instructions on how to apply through UCAS, and information about ICL and what it has to offer. Our Year 11 Students asked many questions as ICL is among their target universities. ICL is strong in their engineering program, and one of their notable programmes is a collaboration with Dyson in their Engineering lab. Beau will be happy to conduct another virtual info session some time in the beginning of next year.

Shared by:
Mr Josh Lim



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OPEN HOUSE

REGISTER NOW



Come Visit Us!

Friday, 25 November 2022

Time: 8.30 - 10.00 am

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50%*
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