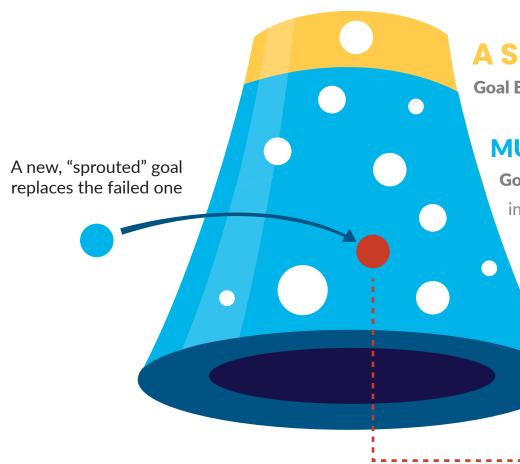# GOAL HIERARCHY
USING GRIT AND SELF-CONTROL

A SINGLE, HIGH-LEVEL GOAL

Goal Example: Attaining a college degree

MULTIPLE, LOW-LEVEL GOALS

Goal Examples: Take 16 credits a semester, maintain a 3.5 GPA, work a part-time job in customer service, find a roommate to lower cost of rent.

Low-level goals are accomplished mostly through self-control. However, these goals are not always accomplishable, and students must know when to sacrifice them but importantly replace them with other low-level goals that support the high-level goal. This is known as "sprouting" new low-level goals.

A new, "sprouted" goal replaces the failed one

Failed Low-Level Goal Example: If a student can't find a roommate to lower the cost of rent they might decide to replace that goal with a new one such as finding a cheaper one-person apartment.

SAVVY STUDENT

Duckworth, A., & Gross, J. J. (2014). Self-control and grit: Related but separable determinants of success. Current Directions in Psychological Science, 23(5), 319-325. https://doi.org/10.1177/0963721414541462