

Goal Setting Activity

Resilient people believe in a better tomorrow and they are committed to finding ways to make that happen. They strive to thrive!

Goal setting is an important element in success and satisfaction. What steps are you going to take to get to where you want to be?

Each weekly webinar reminds us of one more important component of resiliency. Challenge yourself each week to set one goal related to the weekly theme.

What's the best way to set goals?

Goals should be **SMART**. This means:

Specific
Measurable
Attainable
Relevant
Time-bound

SPECIFIC

A specific goal should clearly state exactly what you want to accomplish, like 'I will fit into my size eight black sparkly dress by New Year's Eve 2015. I will accomplish this by going to yoga twice a week, running three times a week for 35 minutes, and sticking to my healthy eating plan.'

MEASUREABLE

A measurable goal must include targets and milestones. How will you know you have achieved your goal? For example, 'I want to become a great tennis player' is difficult to measure. 'Great' is a good start, and the next step is to quantify what exactly 'great' means to you.

ATTAINABLE

A goal should be realistic and, if necessary, include a plan that breaks your overall goal into smaller manageable steps, or subtasks. Ask yourself if your goal is achievable with the resources available to you. What will you need in order to accomplish this goal? Goals should be challenging but still possible to accomplish.

RELEVANT

Your goal should make sense when measured against what is important to you. Having a goal of running a marathon might need to be modified, (at least temporarily) if you are a busy new parent. Remember that when we really commit to accomplishing something, we are usually giving up something else. This can be great if you're giving up monotonous TV to get involved in a new sport or hobby, but more difficult when you're busy and trying to manage competing priorities. Make sure your goals are important or it will be difficult to follow through.

TIME BOUND

A time based goal is limited by a defined period of time. Saving up money for a down payment on a house is a commendable goal, but it's important that you have a time-based plan. Create a budget and work out the timeline. When will you buy the house? How much will you need to save each month to get there? What will you cut out each week to save up this amount of money?

Goal Setting

Goal setting can be a motivating process that can help you think about what you want out of life. Setting goals can help you turn your vision into reality.

Remember, by knowing precisely what you want to achieve, you are better able to determine where you should concentrate your efforts.

WEEK ONE:

Adopting new stress management strategies takes practice. It is important to recognize the early signs of stress to find the zone of optimal stress.

Identify one SMART goal related to a proactive and healthy way to **manage your stress**.

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WEEK TWO:

Gratitude is infectious. Early adoption of a mentality rooted in gratitude will make you a change maker in your organization, regardless of your position

Write down one SMART goal related to **gratitude**.

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WEEK THREE:

Essentially, if you don't have the awareness of the reasons or how change can benefit you, you won't make the change. In order to experience change, people must understand why the change is happening.

List one SMART goal related to embracing **change**.

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WEEK FOUR:

List three **SMART goals** that relate to the 3 domains of health and wellness:

Physical Goal:

Goal number one	How will I accomplish it?	How will I hold myself accountable?

Social Goal:

Goal number two	How will I accomplish it?	How will I hold myself accountable?

Mental Health Goal:

Goal number three	How will I accomplish it?	How will I hold myself accountable?

Setting specific goals leads to better outcomes. Challenge, stretch, and push yourself!

One of the biggest challenges is commitment. Create an action plan to hold yourself accountable. Tips*:

- 1. Deliver your goals to an accountability partner. Set a meeting to follow up on progress.**
- 2. Post your goals in a public forum like Facebook or Twitter, or blog about them. Research shows that sharing your goals publicly makes you more likely to achieve them.**
- 3. Turn your goals into art. Write them on a decorative chalkboard, or frame. Seeing your goals every day keeps your attention directed toward your desired accomplishment. You are more likely to achieve a goal if you see it frequently.**
- 4. Create a password that has something to do with your goal. This is a great frequent reminder for a long-term goal.**

***Not all goals may be applicable to these tips. Make sure to understand which tips are relative to your personal goals.**

When commitment feels tough, remind yourself of why your goal is important. Visualize what it will feel like to accomplish the goal. Think about how proud you will feel when you accomplish it. Imagine yourself after you have accomplished all of your goals. It won't be easy, but it will be worth it!