

Designing Your Best Year Yet



We all have goals, some big, some small, some safe, and some bold. We wish to become a painter, to move to a new house, to write a book, to eat healthily, to exercise more, to become less anxious, and to run a marathon. The list is endless, if ill defined. And yet, how much do we really want each one?

If something is vital to us, we need to make plans- set goals.



Goal setting is widely accepted as the most effective way to focus our attention on the right activities, energize us, and increase our commitment.

There are many types of goals. But ultimately, all goals boil down to one thing: **Change**.

Firstly, what sort of goal do you want to achieve?

Outcome Goal

"I want to be the *best* at X in the world."

Performance Goal

"I want to *better* at X."

Process Goal

"I want to *train* or *practice* at doing X."

Delivery-focused Goal

"I want to *deliver* a change, such as a business, technology, or construction project."

Setting effective goals involves more than just stating what you want to achieve.

Here's one of many strategies to make your goal setting SMART, and more effective:



Be Specific

Define your goals clearly. Instead of saying "I want to exercise more," specify, "I will jog for 30 minutes three times a week."

Measurable

Set criteria to measure your progress. If your goal is to read more, specify the number of book you aim to complete per week.

Attainable

Goals should be within your reach and feasible considering your resources, skills, and circumstances.

Relevant

It should align with your capabilities, time constraints, and other commitments in your life, relevant to your objectives & make sense within the context of your current situation.

Time-bound

Set a deadline. Having a timeframe creates urgency and helps you stay focused. For example, "I will save \$5000 in six months."

To learn more about the impact of proper goal-setting on your total well-being and strategies to get there, join our webinar on **January 31st, 2024 @ 12-12:30 EST**

