

# Holiday De-Stress Guide

## Week 6: Feel Empowered for 2013



It is that time of year when many people look forward to a fresh start for self-improvement. But, setting a New Year's resolution (and sticking to it!) may be a daunting task. [Use this guide to feel empowered in 2013.](#)



## Set "SMART" Goals

### Purpose of Goals

- ▶ Focus your energy
- ▶ Help you live a purpose-centered life
- ▶ Help you form plans
- ▶ Give you a feeling of accomplishment

#### **S** = SPECIFIC

Goals should be **clear** and **specific**. WHAT are you going to do? WHY is this important to you? HOW are you going to do it?

#### **M** = MEASURABLE

**If you can't measure it, you can't manage it.** Establish concrete criteria for measuring progress toward the attainment of each goal.

#### **A** = ATTAINABLE

Setting goals that are too far out of your reach may set the stage for failure. A goal should stretch you slightly so you feel you can achieve it.

#### **R** = REALISTIC

The skills needed to achieve a goal are available. The goal should be realistic for you and where you are at the moment.

#### **T** = TIME-BASED

Set a time frame for the goal. Putting an end point on your goal gives you a clear target to work toward. Time must be measurable, attainable, and realistic.

### Simple tips to help you reach your goal

- ▶ Avoid perfectionist thinking
- ▶ Don't keep your resolution to yourself
- ▶ View setbacks as lessons for growth
- ▶ Give them some meaning

## Value-Centered Goals

**Values:** powerful and effective determinants of human accomplishment and progress



