

MAXIMIZING OUR ACTIONS

The Importance of Setting Goals

Goals are a fantastic way to create positive change in your life and establish healthier habits. The benefits of goal-setting are profound: they give us a sense of control over our lives, help us gain clarity in our vision for ourselves and our life, create a source of accountability, increase our motivation, and allow us to feel pride and accomplishment.



You've likely heard about SMART goals, but it is worth repeating. Setting a SMART goal requires you to think about the factors involved in achieving your goal. Defining each of the five characteristics can help to identify a clear path, and the more well-defined that path becomes, the easier it is to follow.

Once you've set a goal, the work begins! There are some simple things that you can do to help you on your journey and increase your chances for success.

- 🎯 Put your goal in writing. When we see something, it impacts how we act. You're more likely to be productive if you SEE what has to be done rather than simply think about it.
- 🎯 Make a list of obstacles that you may face so you can prepare for them. This will help ensure you direct your motivation and energy where it's needed most.
- 🎯 Visualize yourself having achieved your goals. Visualization is one of the most powerful exercises that you can do, and the more you do it, the stronger it becomes.
- 🎯 Enlist the help of others. It's not cheating to leverage the support of those around you!

Value-Based Goals

Values are powerful and effective determining factors of your accomplishment and progress. They are part of who you are. They can influence the quality and clarify the purpose of your journey. They, therefore, should play a part in your goal-setting. Why is it so important to establish value-based goals?



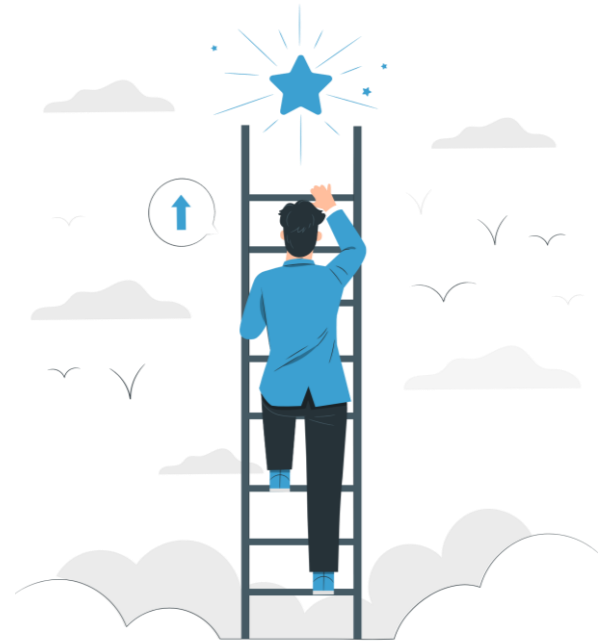
- 1 While goals may change, our values are anchoring and consistent.
- 2 Values help you differentiate the important from the unimportant.
- 3 Values drive our lives in a positive direction and are a source of motivation that moves us forward.
- 4 Values provide an internal and personal reference for what is useful, beneficial, and desirable.

Visualize Your Goals!

Visualization is a simple technique that you can use to create a strong mental image of future events. It can support your goal-setting by helping you visualize what you ultimately want to achieve. By visualizing success, you can build the self-confidence you need to work towards your goals. Representing your goals with images actually strengthens and stimulates your emotions because your mind responds strongly to visual stimulation.

The daily practice of visualizing your dreams as though you've already achieved them can quickly accelerate the realization of those goals and ambitions. Visualization is really quite simple. You sit in a comfortable position, close your eyes and imagine – with as much detail as you can — what you would be seeing if you've already achieved a goal you've set for yourself. Doing this activates your creative subconscious and builds your internal motivation.

Make visualization a daily practice in your routine – you only need five minutes! Creating a vision board (or dream board) is another technique you can use to help you visualize your goals.



Creating a Vision Board

- 🕒 Decide on the main theme of your board: a specific goal, area of focus (e.g. health), or a collection of goals for all areas of your life.
- Include images that illustrate what you want to achieve. These images should inspire and motivate you.
- 🕒 Add affirmations that support your goals and motivate you. These should represent how you want to feel.
- 🕒 Hang your board where you will see it every day. It will serve as a visual reminder of what you're striving for.
- 🕒 Make a point to look at your vision board at least once per day.

The vision board collage includes several key elements: a silhouette of a runner on a treadmill; a person in a purple top performing a yoga pose on a pink mat; a circular sign that says "don't STOP UNTIL YOU'RE PROUD"; a sign that says "MAKE FIT HAPPEN"; a circular affirmation that says "You can do it!"; a chart titled "Health Benefits of A Plant-Based Diet" listing benefits like lower blood pressure and reduced risk of heart disease; a chart titled "Risk of Heart Disease" comparing vegetarians (50%), vegans (45%), and non-vegetarians; a bowl of fresh fruits; a bowl of various nuts; and a sign that says "You Become What You Believe."

Sources www.psychologytoday.com | www.goal-setting-guide.com | Images from Freepik.com