

HEALTH TIP

JANUARY

GOAL SETTING

2016



Many people welcome in the New Year by setting resolutions for the year ahead. The New Year presents a great opportunity to set new clear goals for yourself, whether they be related to health, career, financial, travel, relationships, or life direction. Goal setting is incredibly effective and can provide clarity and focus not only for the future, but for the present.

Goal Setting Tips

Identify your values: Ensure your goals are in line with your values.

Break big goals into small ones: Keep goals small and achievable; this gives more opportunities for reward and increases motivation.

Write them down: State your intention and set things in motion.



Review them often: Daily, weekly, or monthly. Keep them fresh and relevant to where you are in life.

Positive goals: Focus on what you will do or add in, rather than stopping something.

Get support: It is crucial to have support when you are trying to achieve something that takes perseverance, dedication and determination. Your support group should be made up of people who have your best interests at heart.

Persist: In the wise words of Winston Churchill, 'never, never, never give up'.

SMART Goal Setting Principles

Specific: Be very specific with your goals; don't leave any room for questioning later down the road.

Measurable: Try to quantify the result - you want to know whether or not you hit the goal, so track your progress.

Achievable: One of the detrimental things that many people do is set goals so high that they are unattainable. You want to challenge yourself but not to the point of repeated failure!

Realistic: A goal has to be something that we can make 'real' or a 'reality' in our lives. A good goal should stretch you, but you have to add a dose of common sense.

Time-bound: A powerful aspect of a great goal is that it has an end; a time in which you are aiming to accomplish it.



CHG

Address: 69 Henley Beach Rd Mile End SA 5031

Ph: 08 8354 9800

Fax: 08 8354 9844

www.chg.net.au