

WELLNESS WEDNESDAY

New Year, New Goals



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Happy New Year!

Welcome to a New Year! This week for Wellness Wednesday, we will be exploring how to create goals to get your year started off on the right foot!

Sometimes we need a fresh start and beginning 2022 can be the fresh start you need!

GOAL DIGGER

Having in place measurable goals give us something to aim for. Goals require planning, effort, accountability and consistency.

“A goal without a plan is only a dream.”

-BRIAN TRACY





TYPES OF GOALS

There are a variety of goals that you may be interested in setting for yourself.



01

Career Goals

milestones you hope to hit as you advance in your chosen profession.

02

Financial Goals

this goal focuses on money. You may want to make more money, pay off loans, buy a home or save for retirement.

03

Personal Development Goals

lifelong process that explores how to make yourself a better person. This can focus on self-esteem, facing fears, being a better friend, being fit and active or having a more balanced diet.

04

Spiritual Goals

help us to grow and mature spiritually. Spiritually does not always refer to religion. Spiritual goals can also assist us in feeling more grounded and connected in this world.

05

Relationship Goals

relationships are vital to us. You may want to increase more family time, get married, have children, make your relationship a priority, or more.



Goal Exploration

Meaningful goals can give direction to your life, highlight your most important values, and give a sense of purpose. In this activity, you will think about your goals in seven different areas. Begin by writing a 5-year goal, followed by more specific 1-year and 1-month goals.

- Write goals that are measurable. For example, instead of "get healthy" make a goal of "exercising 5 days a week and eating vegetables with every meal".
- Choose goals that are within your control. For example, "get a promotion at work" requires *others* to act. However, "take courses to improve my professional skills" is in your control.
- When thinking of 5-year goals, ask yourself how you would like your life to look in 5 years. Then, think of your 1-year and 1-month goals as stepping stones to that 5-year goal.



Social



Career



Physical



Family



Leisure



Personality



Other



Social

Social goals may include devoting time to friendships, participating in social activities, or building a social support network.

My 5-year goal:

My 1-year goal:

My 1-month goal:

GOAL EXPLORATION

Click the image to begin setting your goals!

You've got this!





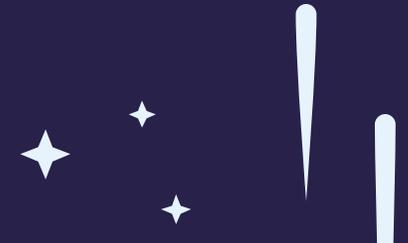
ACCOUNTABILITY

Sometimes when we set goals, we find it difficult to maintain motivation.

Find an accountability partner and work together to help one another focused on goals.

For example, I may ask a coworker to take a 15-minute walk with me during my lunch break to hold me accountable to staying more active!

Who can your accountability partner be?



SMART!



MAKE YOUR GOALS S.M.A.R.T

S

- Specific
- Sensible
- Significant

M

- Measurable
- Meaning
- Motivating

A

- Achievable
- Attainable
- Agreed

R

- Relevant,
- Reasonable,
- Realistic,
- Results-based

T

- Time bound
- Time limited
- Time sensitive





FOCUS IN

Tap on the page to focus in on what areas you are *excelling* in and where improvements could happen!



Setting Life Goals

For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

| Category | What I'm Doing Well | Where I Need Improvement | My Goals |
|---------------|---------------------|--------------------------|----------|
| Family | | | |
| Friends | | | |
| Work/School | | | |
| Spirituality | | | |
| Body | | | |
| Mental Health | | | |



“If you don’t make the
time to work on
creating the life that
you want, you’re going
to spend a lot of time
dealing with a life you
don’t want.”

—
KEVIN NGO

thegoalchaser.com





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Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Apoyo emocional confidencial

Nuestros clínicos capacitados escucharán sus inquietudes y les ayudarán a usted o a sus familiares con problemas, como:

- Ansiedad, depresión, estrés
- Duelo, pérdidas y adecuación en la vida
- Conflictos maritales o de relación



Soluciones para el trabajo y la vida personal

Nuestros especialistas proporcionan derivaciones calificadas y recursos para todo lo incluido en su lista de quehaceres, como:

- Búsqueda de cuidados para niños y ancianos
- Contrato de servicios de mudanzas o refacciones en el hogar
- Planificar eventos, ubicar lugares de atención para mascotas



Asesoramiento legal

Hable con nuestros abogados a fin de obtener asistencia práctica para sus problemas legales más apremiantes, como por ejemplo:

- Divorcio, adopción, leyes de familia, testamento, fideicomiso, etc.
- ¿Necesita representación? Obtenga una consulta gratis de 30 minutos y una reducción del 25% en los honorarios.



Recursos financieros

Nuestros expertos financieros pueden ayudarlo con una amplia variedad de temas. Hable con nosotros sobre:

- Planificación de la jubilación, impuestos
- Reubicaciones, hipotecas, seguros
- Elaboración de presupuestos, deudas, quiebras y más



Apoyo en línea

GuidanceResources® Online es su vínculo con información vital, herramientas y apoyo. Inicio de sesión para:

- Artículos, podcasts, videos, diapositivas
- Capacitaciones a demanda
- Respuestas personales en "Pregúntele a un experto"

Topic Suggestions & Feedback

Are there topics you would like to see discussed?

We would **LOVE** to hear from you



CHAT WITH A PRO



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