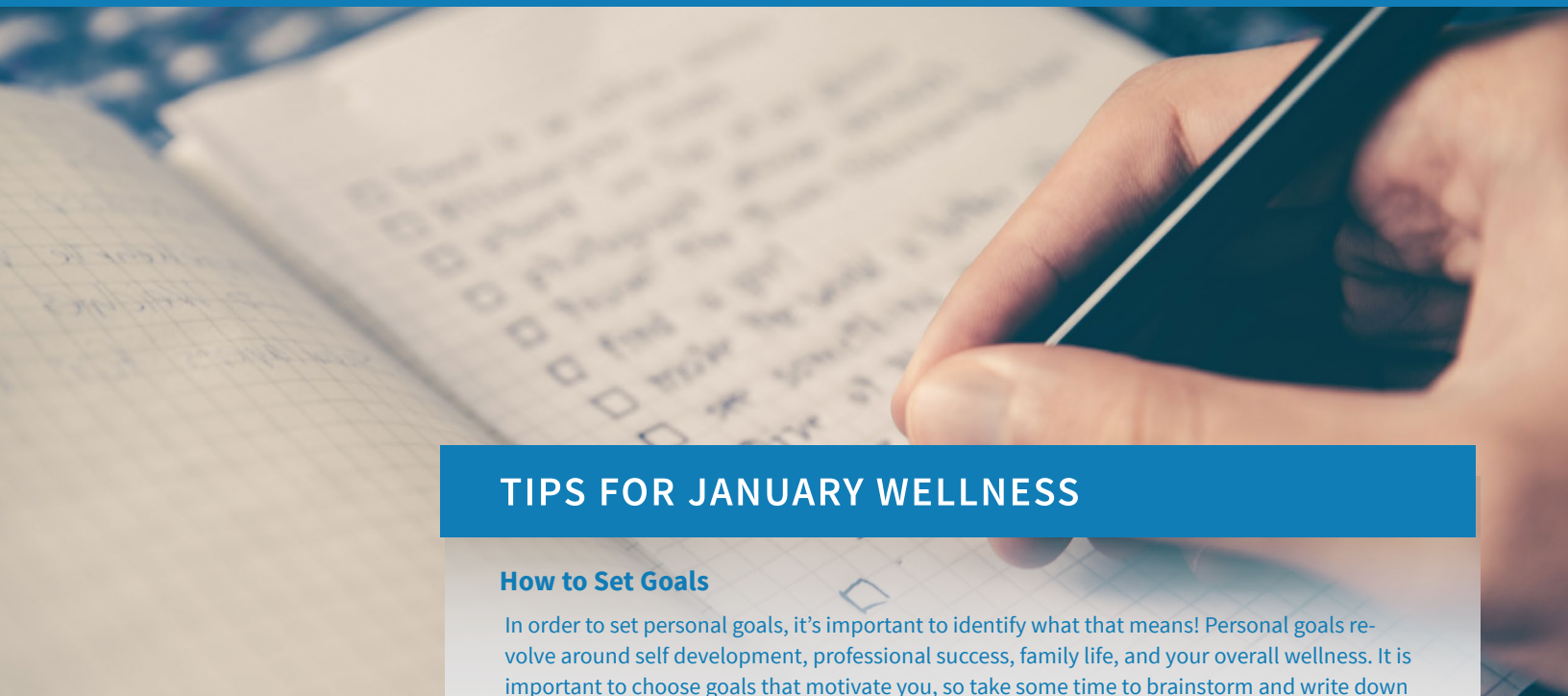




WELLNESS TIPS

Personal Goal Setting



TIPS FOR JANUARY WELLNESS

How to Set Goals

In order to set personal goals, it's important to identify what that means! Personal goals revolve around self development, professional success, family life, and your overall wellness. It is important to choose goals that motivate you, so take some time to brainstorm and write down your ideas.

Examples of personal goals you can start setting today:

- Improve work life balance
- Start an exercise routine
- Kick an unhealthy habit
- Learn a new skill
- Make travel plans
- Try something that scares you
- Improve body language
- Budget for financial stability
- Practice gratitude
- Get rid of procrastination
- Career training
- Improve communication skills
- Volunteer
- Make new friends
- Take care of your health

When creating your goals, avoid comparing yourself others, or another's plans for you. Rather, consider the activities and achievements that bring you the most fulfillment. Ponder the areas of your life where you'd like to see growth. Areas to consider for your personal growth can be: career ambitions, mental health, education, leisure, family life, professional success, physical health, side hustles, budgeting, nutrition, relationships, creative endeavors, or a new hobby!.

Set SMART Goals

SMART goals are: Specific, Measurable, Attainable, Relevant, and Time bound! To start setting a personal goal, break it down into the following steps:

1) Create Your "Big Picture" The first step is to consider what you would like to achieve in your lifetime, or at least by a significant and distant age in the future. Setting lifetime goals gives you an overall perspective that will help you modify the aspects of your decision making.

2) Break Down Your Goals After you have set your lifetime goals, create a 5 year plan that you will need to complete in order to accomplish your long-term plans. Break down your 5 year plan into smaller steps, and create a to do list in order to track your progress.

3) Get to work! Sometimes getting started can be the hardest part, so begin with items on your list that are easier to complete. The more items you are able to cross off your list, the more motivation you'll have for the upcoming tasks!

As we move into the new year a beneficial practice can be to set personal goals in order to help support your growth throughout 2023. Let's turn this year's resolutions into an organized, measurable, and attainable plan!