

Setting Goals

Want to increase your self-confidence and resilience? Set a goal. Trying something new or taking on a project is a great way to push yourself out of your comfort zone.

Before you choose a goal, take some time for self-reflection. Consider your hopes, fears, resources, and any obligations you may have to others. This step is especially important if the goal you're setting requires a long-term commitment (such as purchasing a home or pursuing a degree). Keep in mind that you are more likely to accomplish goals that are detailed and specific.

After you have chosen a goal, create a plan for completion. The following steps may help turn your dreams into reality:

- ▶ **Consider what you bring to the table.** Take an inventory of your skills, abilities, and resources. Evaluate where you may need to make improvements or seek assistance.
- ▶ **Define what success means to you.** It's important to have a clear idea of what your life will be like when your goal is complete. Visualize how you will feel when you reach your goal.
- ▶ **Break the goal into smaller steps.** If a goal is substantial or will take more than a few weeks to complete, split it into smaller steps. Celebrate completing each step with a reward that has meaning for you — whether that's a special dinner, a weekend trip, or a small shopping spree.



- ▶ **Write down a detailed description of your goal.** Compose the description in whatever form feels natural to you: a detailed list, a story, or even a blog post that you share with friends. Putting your goal on paper may help you catch a flaw in your plan or eliminate unnecessary steps.
- ▶ **Become what you want to be.** Changing how you speak about your goal will make it feel more real. For example, instead of saying “I want to lose weight,” say “I am in the process of losing weight.”
- ▶ **Don't be afraid to change course.** If a goal no longer fits with your life, update your plans. Periodically reevaluate your goals and consider if it's time to set new ones.

For more suggestions on how to turn dreams into accomplishments, contact LifeMatters. Practical resources and emotional support are available 24/7/365.


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