

We have all heard it: “New year, new you.” For some reason, we often hear these New Year’s goals turn into “Well, there’s always next year.” So how can you set yourself up for success? How can you turn these goals into your lifestyle that will last all year and pour into years to come? Below you will find some items to consider when creating your goals, and resources that TGH offers which can help you not only reach them but make them stick!

Reach Big and Think Small

When creating your goal(s), first, think big. Envision yourself beyond the first few months of the year. Choose something that is your ultimate wellness vision. Describe everything you see and feel.

Now that you have a big vision, what do you need to do to make it a reality? Break it down and make a list or vision board. Whatever your brain prefers! These action steps will be your goals.

Think of this process as a baseball field ... first, second and third base (aka your “goals”) ... and then home plate (aka your “big vision”). Each base represents a goal, and each step you take brings you that much closer to your vision! Your vision is big and extravagant and has no boundaries. Your goals, however, you want to make SMART: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-bound. For example, if your vision is “I am

40 pounds lighter, and I feel confident in my clothes ... I am on a vacation with my family hiking, and I feel energized,” then your first goal could be “I will walk for 30 minutes, four evenings each week this month.”

While creating your SMART goals, think of what your success rate is going to be. Ask yourself, “On a scale of 1 to 10, what is my confidence in completing this goal?” If you are a 7 or lower, then reconsider if this is realistic. Then ask yourself how you can tweak your goal to make your confidence number higher, or what actions you will need to make this happen. Work on each goal one at a time, just like you would run to one baseball base at a time. Each small step is a victory, as it gets you that much closer to each goal and ultimately your wellness vision!

What Is Your “Why”?

As mentioned earlier, celebrating small victories is important to keeping you motivated, but another key factor is your “why.” Sit down and think about your current lifestyle. What are the pros? What are the cons? Also think about why you decided to make this change or are setting this goal. Creating a “why” helps you overcome barriers and remain focused, and it can be your mantra throughout your journey.

For example, if your “why” is “I am making this change to be a healthy and active parent,” you can keep this mantra with you. Make it your screen saver, print it out and place it on your fridge, write it on a sticky note and place it on your bathroom mirror, etc. The more you are reminded of why you chose this journey, the more you will remain motivated while moving from one step to the next!

Your Support System

Accessing your family, friends and peers is key to your success. Talk to them about your goal, ask them to support you, and give them examples of ways they can help. You may be surprised: Some may even join you!

If you do not have supportive surroundings, find some. For example, find a walking group, or better yet, create one! You can also join a local fitness center or online fitness community, take group fitness classes,

or go to a cooking class! Whatever your goal is, find like-minded individuals who encourage and support you. These supporters will be your “check-ins.” They will ask, “Hey, how’s your training going?” or “Are we grabbing salads for lunch today?” The reality is your goal(s) may be difficult at times, and having support from your surroundings may be what keeps you on track!

Create a Strong Mindset

Your mindset is another key to success in meeting your goals. Here is a scenario that may sound familiar:

Your wellness vision for 2022 is to lose 40 pounds, and you’re working on a goal to cut back sweets. You are at a department birthday lunch and they have your favorite cake. You eat a piece and are so upset with yourself and think, “I ruined my goal. I might as well give up my vision altogether.”

These types of thoughts are known as “all-or-nothing thinking” or “negative self-talk.” This type of mindset can derail your journey and possibly lead you off track for good ... but this is not inevitable. If you find yourself in this situation, you can change things by thinking of the four P’s:

- **Patience** – Be kind and patient with yourself. Rome was not built in a day, and neither are major lifestyle changes.
- **Perseverance** – Understand mistakes happen and challenges will come, but use these times as a learning experience, not a failure. Looking at this

example, you can ask yourself what you learned from eating that piece of cake and how you felt before, during and after, or how you can approach the situation differently next time.

- **Persistence** – Choose yourself. Stay committed to yourself and not giving up. Remember you made a commitment to your vision and took time to create your “why” and goals. Don’t let a small piece of cake get in your way!
- **Perspective** – Shift your outlook to find the positive in each scenario. So you ate a piece of cake – that is only part of your day. Did you make good choices during other parts of the day, week or month? Shift your perspective on what you accomplished rather than small mishaps.

Remembering these four P’s can help you navigate negative self-talk and allow you to stay on track.

Please contact us to learn more about how OneTGH Employer Solutions can re-energize and engage your team:

onetgh@tgh.org

(855) 844-8743

TGH.org/OneTGH

