

Top 5 Goal Setting Tips

We're fast approaching that time in January by when traditionally most New Year's Resolutions have been broken! (around 3rd week) ... How are you faring with yours?



Perhaps you've given up **setting them** because you find it difficult to stick to them? And yet, there's still an urge to think about things you want to change, do differently or get better at this year. Yes?

In this month's Print & Pin article I'm going to share with you my **Top 5 Tips** for greater success with setting targets, goals or resolutions.

1. Focus on what you want rather than on what you don't want!

"I want to eat healthy snacks between meals", as opposed to "I want to avoid chocolate"! This is because the brain doesn't process negative words like 'stop', 'avoid', 'not', 'less' in the way we intend ... it misses them out! So what happens is you are subconsciously focusing on the chocolate. Strange but true!

2. Get clarity!

How clear and specific is your goal? What do you mean by "To spend more time with family/friends"? How much time? When are you hoping to do this?

The easier it is to understand your goal, the easier it will be to plan for it and measure your progress!

3. Set time scales for your target(s) that are realistic, then "chunk them"!

With longer-term goals, to keep your motivation levels up, break the goal into shorter-term targets and set appropriate dates for each.

E.g. If you want to be 1½ stone lighter by the end of the year, **what weight are you aiming for by the end of April & end of August?**



4. Ask yourself - why is this worth doing?

Spend some time thinking about and listing the benefits of achieving your goal / targets.

What will be better? What will be different? Think of the benefits in more than one area of your life here. *It's also a good idea to keep reminding yourself of these benefits when working towards longer-term goals.*



5. Step out of your comfort zone ... and into your stretch zone!

This is about challenging yourself. If the goals you set yourself are well within your reach (or something you already do on a regular basis) – there's little or no motivation to work on them.

Set yourself a goal that's a healthy challenge - something you'll be proud of once it's achieved!

**Have a successful
2013 !**

To book INSET or 1-1 coaching on any of the topics in the P & P series, contact Debbie on 01629 734 101