



# YOUR HEALTH AND WELLNESS NEWSLETTER

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## Setting Goals for 2021

### *Inside Scoop on Goal Setting*

As we transition into the new year, there is no better time to regroup, refresh, and revitalize ourselves! That all sounds great in theory but can seem a little overwhelming to know where to start. Goal setting should be at the forefront of our lives, yet so many individuals struggle to do so. Goal setting and milestones are traditionally built into our younger years, as there are often many timetables we look forward to achieving – preschool/kindergarten graduations, making the basketball team, getting a driver's license, up to graduating from high school. Next, some set goals to find meaningful work, while others set goals to attend college. These goals are often more milestone and age-based, but they teach us to work towards an outcome. An outcome is sort of naturally shaped for us in some societal/cultural capacity. The challenge often lies in setting goals outside of this.

Goals can be big, and they can be small. They come in all shapes and sizes, and manifest our wildest dreams, thoughts, and desires. In the therapy world, we learn to breakdown goals further, which helps us achieve our outcomes with clients. These skills are not just for therapists though! You can set goals that are attainable and achievable. While it will take practice, the following are some thoughts and considerations that may be helpful to you in setting goals moving forward:

1. Reflect on the past: The past is the key to the future! This is not always an easy place for us to go, however when we revisit past experiences to see where our direction changed, it can help us recognize habits or thoughts that may have gotten in the way of achieving a goal. When doing this, setting a timer may be helpful to ensure you do not reside in the past after reflection, but use details of the reflection to help you move forward.
2. Complete a "Task Analysis". As rehabilitation therapists, we are trained in task analysis, which means breaking down all the steps required to complete an activity or task. Breaking down the steps to an activity or task can be helpful in establishing all the necessary parts of making a goal become a reality. When we can see what needs to happen to achieve a goal, it often makes the goal seem more doable!
3. Establish long- and short-term goals. Once you've written down the steps required to achieve a goal, it can be helpful to sort them into short and long-term goals. Think: How long do I need to achieve this goal? A short-term goal may take a matter of hours-days-weeks, whereas the long-term goal may take weeks or months to achieve. This provides structure to keep you on task.