

Personal Goal Setting

Having realistic personal goals gives your life a framework. Without goals, life often lacks direction. First, analyze what you want to achieve in a variety of areas, then prioritize these goals and determine how you will attain them.

- **Family:** Are you or do you want to have a life partner? Are you hoping to have children?
- **Vocation:** Are you happy with your career and its direction? If not, what training would you need to change careers?
- **Education:** Do you want to complete a degree or certificate program? What skills do you need to advance or change your career? How can you gain those skills?
- **Financial:** What plans are in place for managing your money? Do you have savings goals? Are you contributing to a retirement fund? How important is money to you? What planning is necessary to use it wisely?
- **Spirituality:** Do you want to feel connected to a higher power? If so, do you worship with others who feel as you do? Have you thought about the meaning of life and death? What steps do you want to take to pursue your spirituality?
- **Recreation:** What do you do purely for enjoyment? In what social activities do you want to be involved? Do you have fitness goals? What steps are you taking to pursue them? How do you channel your creativity? What additional creative outlets would you like to pursue?



The first step in achieving these goals is to write them down and consider them carefully. Are they feasible? What is the applicable time-line?

The next step is to divide the large goals into smaller ones. For instance, you may want to join an adult volleyball team but have not exercised for quite some time. The first step is to start a regular exercise program. Set up a timeline so that you will join a fitness center within one week and set up appointments with a trainer for a period of three weeks. After accomplishing that, your goal will be to continue exercising three times a week for three months. At that point you will be able to assess your readiness for volleyball and hopefully join the team.

If you are committed to attaining your goals, and follow the techniques to do so consistently, your ability to achieve your aspirations will improve remarkably.

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