

ARE YOU SETTING GOOD GOALS?

"People seeking greater well-being are best advised to focus on goals involving growth, connection, and contribution rather than money, beauty, and popularity and goals that are interesting and personally important to them rather than goals they feel forced or pressured to pursue." (Kennon Sheldon)/ Tal Ben Shahr

How do we set goals we're most likely to help us thrive?

Goals are what enable you to be in charge of your own life. They can direct your actions and attention, give you the opportunity to use your existing skills and knowledge, motivate you to keep learning and growing, and put you on the path to achieving what matters most to you but not all goals are created equal. We suggest you set HEART goals.

Heart goals are;

Happiness - working toward these goals make you feel happy. It's important when you set goals for your life that they're your own goals, and not goals for impressing, competing with, or getting the approval from others. Consider what is meaningful to you and your family, what your values are, what kind of legacy you want to leave, and how your specific goals will fit with the rest of your life - to make your HAPPY.

Q - Does working toward this goal make me feel happy and contribute to my future happiness?

Engagement – you feel engaged and energised in relation to working toward these goals. Since we all have limited time, it's important to develop goals you will feel comfortable prioritising over other demands for your time.

Q - Do these goals engage me enough to commit my time?

Actionable – these are goals you can action, something you feel you can do or can learn. They are also goals you can measure and track to see the difference your actions are making. Seek feedback from those you trust and adjust your action where needed.

Q - Do I feel like I can make these goals happen, I have what it takes to get started?

Relationship enhancing – your goals keep you connected with your people and encouraging you to contribute to your community. Since we know that relationships and with others help us thrive, ensure that your goals don't conflict with that eg making your too busy to connect. Involve elements of contribution or "giving back" for an extra feel good factor.

Q - Do these goals help me connect with my people and contribute to my community?

Tough enough – set goals are tough enough to stretch you out of your comfort zone, just enough to make you feel you're alive! Just the right amount of stretch so that you don't get either bored or anxious and can get into your flow state (see image below)

Q Does this goal push me out of my comfort zone just enough to hold my interest and give me a feeling of accomplishment when I meet it?

