

Getting back on track to achieve your goals



2016
GOALS!

Did you know that at this stage in the year, most of us have already found ourselves off-track with our New Year's Resolutions and goals? Making lifestyle changes is hard, despite our desire to affect change in our lives, it's harder to live that change daily and far easier to fall back into old habits.

Behavior change takes time and perseverance. Research on people who quit smoking, for example, shows that it takes several attempts before they finally quit for good. Beating yourself up over a short-term setback will only keep you stuck.

Forgive yourself, and use these tips to start fresh today.

Just Get Started

It's deceptively simple, but the trick is to get started. Getting the ball rolling will provide momentum you can feel good about. Even if you don't achieve the goal, then you have progressed down that path of action and negative feelings about your ability to achieve the end goal set are lessened.

Be Specific

Script the steps to achieving your goals. It's not

effective to state, I want to get back to exercising again. If your goal is vague your rational mind will find too many options as to how it could be achieved. The problem with this is that introduces a state of overwhelming analysis paralysis. Instead, commit in the specific "I will re-initiate my exercise routine by going to the gym on Monday, Wednesday and Friday."

Get Accountable

Research shows that when you share your goals and commitments with others, you're more likely to follow through on them. Find someone who you can be accountable to in achieving your goal. It can be a partner, a coach, a friend, a colleague or anyone you trust and respect enough help you stay, and if needed, get back on track. When you keep your goals and commitments secret, it's too easy to avoid changing your life and to drift back to old habits and routines.

If you need some support to make changes in your life, call 1300 687 327 to arrange a consultation with a Converge International consultant today.

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