

GOAL SETTING WITH GRACE



SETTING YOUR INTENTION...

With the new year right around the corner, many of us are using this time to revamp many areas in our life. 2022 may bring new financial goals, health goals, career goals, social goals, etc. Setting goals and making plans to reach them can be a lot of fun and feels great! Though, following through with them is the hard part. Goal setting with grace allows us to be realistic in our goal setting and to be kinder with ourselves, allowing us to look at our goals from a priority standpoint instead of a self-critical one. If we mess up a goal, we must refrain from throwing in the towel and believing its all over. Here are a few tips to keep in your toolbox when laying out your 2022 plans.

- Set goals in chunks: Set daily goals, monthly goals, and monthly goals. Make sure they are realistic for the time frame. You might not complete a book every day, so set that as your weekly or monthly goal depending on how much time you realistically want to dedicate to reading. To avoid falling into that “all or nothing” attitude, keep a running total of how many daily, weekly, and monthly goals you achieve and give yourself a pass rate. If you are checking off at least 70%, you’re doing great! Give yourself grace for the remaining 30.
- Set quarterly check-ins: Quarterly check-ins are a perfect opportunity to reflect on your progress. Are you passing? If not, what barriers are keeping you from passing? Can these barriers be diminished by delegating tasks? Is your mental health being taken care of? Set aside an hour every three months to think through how you’re doing to set yourself up for a fresh strong start to the next quarter.
- Reevaluate often: Before setting your goals, reevaluate that you really want to achieve them. Some things just sound good, but don’t equate to much personal value. Sure, doing a morning walk is great for everyone. But is your schedule ready to take that on when you already make time to exercise each day? Making sure each goal is truly impactful to you can help you avoid the cycle of starting many projects and leaving them unfinished. It’s easier to complete anything when you know exactly why you’re doing it.