

Goals and Positive Structures

Setting Goals will help you feel more focused and give you the clarity you need to get the results you want. Take the time to internalize your achievements so that the goals you set are not just about chase and conquer.

Make sure your goals are:

Intrinsic - has meaning to YOU

Detailed and Specific - gives you more clarity

Realistic - you can realistically accomplish your goal

Stretch - take your out of your comfort zone

Accountability - work with an accountability partner (spouse, friend, coach) to increase your chance for successfully completing your goals

Other Positive Structures:

Positive Self Talk Strategies

Strengths and Skills - maximize and utilize them - they are transferable

Vision Board - you put things on this board that light you up (words, pictures, etc.)

Gratitude Journal - write 3 things that you're grateful for each day

Create a Positive Mindset - replace old limiting thoughts with new positive thoughts

Positive Affirmations - make it a daily practice to think and say positive things, to yourself and others

Exercise and Laugh - both produce natural endorphins that make you feel better, mentally and physically

Meditation and Deep Breathing Exercises - stress reducers

Allies - get the support you need from others

Visualization - creating a vision in our thoughts

Breathing - focusing on your breathing is a great relaxation tool

De-Clutter - get rid of physical and mental (negative self talk) clutter