



Head to Heart
Restoration Ministry

512.496.8938 | www.headtoheart.org | 1803 Foxfire Cove | Round Rock, Texas 78681

Forget Resolutions, Let's Set Goals!

The New Year brings about the season to make resolutions for change. Lose weight, exercise more, reduce stress, follow a budget are all common New Year resolutions. Take your resolutions to the next step by turning them into goals.

Albert Einstein said, "If you want to live a happy life, tie it to a goal, not to people or things." Setting goals, helps you develop a road map designed to move you forward towards obtaining your life's hopes, dreams, and visions. Without goals you will have a difficult time improving any area of your life.

Start out by brainstorming ideas regarding changes you would like to see made in your life or hopes, dreams, or visions for the future. Select one or two of the ideas and write them down as goals.

Your goals need to be specific in order to be effective. For example, the goal of improving communication in your marriage may be important but is too broad to be effective. Instead, the goal could read, improve communication in my marriage by setting aside one evening every two weeks for a "date" and time away from the house to talk, share ideas, concerns, and spend time together.

Make your goals challenging yet realistic. Goals that are too simplistic or unrealistic are most easily tossed aside. Simplistic goals become routine tasks while unrealistic goals become too overwhelming and lead to frustration and self-doubt.

Establish timelines for your goals. Having a set start date and pre-determined evaluation times and a completion date (as appropriate) to help you get started as well as keep you motivated. Procrastination is deadly to setting and accomplishing goals.

For goals to be effective they need to include a step-by-step plan. Often goals do not get accomplished if we do not have a clear understanding of what needs to be done. Step-by-step goals also give you natural points of evaluation and reflection. Measuring your progress also helps keep up your motivation.

Reward your efforts! If you accomplish small steps or the entire goal, celebrate your successes. Celebrations can be as simple as dinner out with your family or taking an afternoon off to do something you enjoy.

Goals need to be viewed as fluid and changeable. If you set a goal and are not able to meet it because it was not realistic or "life" gets in the way, take time to revise it and set a new goal.

Set individual and family goals. Taking time to set goals as a family can be a fun way to motivate, challenge and reward each other. If we deal with family goals from a positive perspective, children can transfer these skills into life situations as they grow up. Always remember that our personal as well as family members worth and value is never based on "performance" and ability meet goals. Love for each other should always be unconditional and



not tied to what we can or cannot do.

Let's join together to take on 2011 with goals and visions for the future, being reminded that "you can do all things through Christ who gives you strength." Philippians 4:13.

Al H. Jones, Ph.D.

Head to Heart Restoration Ministry

www.headtoheart.org