

Stick with it!
Make your dreams reality



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Objectives

- Turn your dreams into reality
- Setting goals can help you
- Set a short term goal
- What barriers get in the way
- 3 questions
- Never give up!



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Turn your dreams into reality

- Believe it/visualize it
- Take action daily
- Have a specific date in mind
- Share your dream with supportive people
- Make room for it to happen
- Keep the momentum going



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Setting goals can help you:

- Achieve more in your life
- Improve your performance
- Increase your motivation
- Improve your self-confidence



SMART Goals

- Specific
- Measurable
- Achievable/action oriented
- Realistic
- Timely



“Specific”

- Write down your goal in specific terms
- Clearly define your target
- This will help you determine when you’ve accomplished your goal



“Measurable”

- Measurable goals means that you identify exactly what it is you will see, hear and feel when you reach your goal
- How will you know when it is accomplished?



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“Action oriented”

- Focus on actions to make your goals more effective
- Set up smaller steps to be accomplished in order to achieve the greater goal



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“Realistic”

- Establish goals that can be achieved with resources you have or can readily get
- Set your goals high enough to be challenging, but realistic enough to be attainable



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“Timely”

- Have a specific date to reach your goal
- Make timeline realistic, yet challenging



Set a short term goal

- Write down the area in your life you want to focus on
- Set a short-term, S.M.A.R.T. goal for this area
- List the steps you will need to take to accomplish your goal
- Identify the first step towards reaching that goal
- Commit to accomplishing this within one week from today



What barriers get in the way

- Perfectionism
- Boredom
- Self doubt
- Time



Three questions

- Am I ready to make this change?
- Is there anything that will prevent me from making the change?
- What would make me want to go back to my old behavior?



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Never give up!



Summary

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