



Empowering you Organically - Season 2 - Episode 10

Title: Effective Goal Setting in the New Year

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Guest: Susan Peirce Thompson

What problems do people face when setting goals?

- Having the expectation that achieving the goal will make them happier.
- Not setting realistic goals

Types of Goals

- Self-Concordant - goals that are aligned with who we are, our authentic self, and with what we really want to do in our lives
 - drive to be the best version of ourselves that we can be
- S.M.A.R.T. - is a mnemonic/acronym, giving criteria to guide in the setting of objectives/goals
 - Specific – target a specific area for improvement.
Measurable – quantify or at least suggest an indicator of progress.
Assignable – specify who will do it.
Realistic – state drive to be the best version of ourselves that we can be what results can realistically be achieved, given available resources.
Time-related – specify when the result(s) can be achieved.
 - Outcome Based

Three Levels of Change

- Bullseye - Identity or becoming the person who does XYorZ.
- Slightly outer - Systems and processes we use to achieve the change.
- Furthest out - Outcomes of the change.



Maslow's Hierarchy of Needs

- Maslow's hierarchy of needs is used to study how humans partake in behavioral motivation intrinsically.
- Maslow used the terms "physiological," "safety," "belonging and love," or "social needs" "esteem," and "self-actualization" to describe the pattern through which human motivations generally move.
- The goal of Maslow's Theory is to attain the fifth level or stage: self-actualization.

Keystone Habits

We have habits everywhere in our lives, but certain routines — keystone habits — lead to a cascade of other actions because of them.

What is Bright-Line Eating

Comprehensive food plan. Manages execution, longevity and compliance over time. Changing your lifestyle.

- No Sugar or Artificial Sweeteners
- No Flours
- 3 Meals a Day - ONLY
- Manage Quantity

Deeper Dive Resources

Susan Peirce Thompson:

<https://susanpeircethompson.com/about-susan/>

https://en.wikipedia.org/wiki/Susan_Peirce_Thompson

Susan's Food Freedom Quiz:

<https://rq263.isrefer.com/go/evffquiz-14dc/orgxx/e1>

Susan's Bright Line Eating:

<https://brightlineeating.com/>

Susan's Reboot Resume Free Video Series:

<https://brightlineeating.com/2018/11/rezoom/>

Susan's Book - Bright Line Eating: The Science of Living Happy, Thin, and Free:

https://www.amazon.com/gp/product/1401952534/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=1401952534&linkCode=as2&tag=organixx-20&linkId=d1ef5ab7093196140817c2dc69103848

Self-Concordant Goal Research:

<https://www.ncbi.nlm.nih.gov/pubmed/11195887>

Maslow's Hierarchy of Needs:

https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs

SMART Goals:

https://en.wikipedia.org/wiki/SMART_criteria

Atomic Habits by James Clear:

<https://jamesclear.com/atomic-habits>

12 Step Food Movement:

<https://www.foodaddictsanonymous.org/twelve-steps>

Keystone Habits:

https://en.wikipedia.org/wiki/The_Power_of_Habit

<https://charlesduhigg.com/>