



Empowering you Organically – Season 18 – Episode 171

Title: Tips for Setting Goals and New Year Resolutions

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Guest: None

Description: In this episode, Jonathan and TeriAnn dig deep into setting goals and your New Year Resolution by discussing the difference between goals, rituals, and schedules, benefits of goals, statistics around the world, their #1 tip for setting yourself up for success in attaining your goals, and much much more!

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Difference between Schedules, Rituals, and Goals

- Schedule – a plan for carrying out a process or procedure, giving lists of intended events and times.
- Ritual – (of an action) arising from convention or habit.
- Goal – the object of a person’s ambition or effort; an aim or desired result.

Benefits of Goals

- Provides Direction. First and foremost, goals give you a direction and destination...
- Clearer Focus on what is important. ...
- Clarity in Decision Making. ...
- Gives you control of your future. ...
- Provides Motivation. ...
- Gives you a sense of personal satisfaction. ...
- Gives you a sense of purpose in life.

Goals By The Numbers in the United States

- 53% say save money,
- 45% lose weight or get in shape,
- 25% have more sex,
- 24% travel more,
- 23% read more books,
- 22% learn a new skill or hobby,
- 21% buy a house,
- 16% quit smoking and 1
- 5% find love.

Resolutions Around the World

- **Canada**
 - 33% for improving personal fitness and
 - 21% to focus on financial goals
- **Sweden**
 - 47% eat healthier,
 - 31% start training,
 - 27% reduce stress,
 - 20% drink less alcohol,
 - 11% spend more time with family and friends,
 - 8% get my finances under control.

Intimacy and Happiness

Intimacy is crucial to normal human functioning and can help ward off depression, aggression, and calm anxiety. To foster intimacy, partners must:

- accept one another for who they are;
- experience high regard for each other;
- enhance the welfare of each other;
- give emotional support to each other during difficult or negative experiences;
- share occasional experiences of interest, excitement, and enjoyment;
- be reliably “there” for each other;
- communicate on more than superficial or practical levels; and
- acknowledge each other’s unique value.

Quote on Health

- “Men will spend their health getting wealth. Then, gladly pay all they have earned to get health back.” ~ Mike Murdock

Princeton Study on Wealth and Happiness

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

- Americans report very high levels of stress (fifth among 151 countries).
- More money does not necessarily buy more happiness, but less money is associated with emotional pain.
- \$75,000 may be a threshold beyond which further increases in income no longer improve individuals' ability to do what matters most to their emotional well-being, such as spending time with people they like, avoiding pain and disease, and enjoying leisure.
- Data speaks only to differences; it doesn't imply that people will not be happy with a raise from \$100,000 to \$150,000, or that they will be indifferent to an equivalent drop in income. Changes of income in the high range certainly have emotional consequences.

#1 Tip for Setting Goals/Resolutions

- Focus on one major thing at a time!

S.M.A.R.T. Goals

- Specific: Your goals must be specific. They must outline precisely what it is that you would like to achieve. The more detail, the better. Specifically, focus on what you want and not on how you will accomplish these things.
- Measurable: Your goals must be measurable. Spend some time developing a process that you will use to measure your progress as you work toward your goals. How will you know you are making progress?
- Attainable: Your goals must be attainable. This effectively means that you must wholeheartedly believe that you can achieve your goals.
- Realistic: Your goals must be realistic. Your goals are realistic when you have the time, money, resources, and skills needed to achieve the goal. If you lack in any of these areas, then you need to get to work or set a different objective.
- Timed: Your goals must be timed. You must set a deadline for the achievement of your goal. Without clear deadlines, you will likely succumb to procrastination and instant gratification.

S – Specific (or Significant).

M – Measurable (or Meaningful).

A – Attainable (or Action-Oriented).

R – Relevant (or Rewarding).

T – Time-bound (or Trackable).

New Year's Resolutions You Can Actually Stick To

Break a Bad Habit – this type of resolution tends to be specific enough that you can actually hold yourself accountable and keep with it. Once you find that you have full control over yourself when it comes to overcoming the bad habit, you might even be inspired to expand that mindset into larger aspects of your life like work, relationships and health.

Try Something New – It's only human nature to stick to what we know. But while it's perfectly fine to have routine and a sense of normalcy in your lives, broadening your horizons to new experiences can only help you grow. Choose one thing you don't usually do or have never done and break out of your comfort zone a bit.

Prioritize Self-Care – Sometimes we are so busy worrying about others that we forget to take time for our mental and physical health. If you feel guilty taking some me-time, keep in mind that there's a difference between taking care of yourself and being self-indulgent.

Mend Relationships – If you want an easy way to get into the whole “new year, new me” mindset, letting go of grudges and mending relationships is a good place to start. At the same time, recognize when someone in your life is toxic or is holding you back in any way. The people you surround yourself with play a role in shaping who you are, so make sure their qualities, personalities, and values line up in some way with those of your own.

Go Easy On Yourself – Recognize all your hard work and learn when it's time to treat yourself. If you vowed to eat healthier this year that doesn't mean you have to deprive yourself from a delicious meal or a night out with friends. Life is all about balance, and taking a break once in a while might keep you from giving up on your resolution all together.

Deeper Dive Resources:

Organixx:

<https://organixx.com/>

Empowering You Organically:

<https://empoweringyouorganically.com/>

<https://itunes.apple.com/us/podcast/empowering-you-organically-audio-edition/id1441008547?mt=2&ls=1>

Organixx's INSPIRED Library:

<https://organixx.com/inspired/>

SMART Goals:

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

Human Intimacy:

<https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201609/human-intimacy>

Princeton Study on Wealth and Happiness:

https://www.princeton.edu/~deaton/downloads/deaton_kahneman_high_income_improves_evaluation_August2010.pdf

Statistics on Resolutions:

<https://www.statista.com/search/?q=new+year+resolutions&qKat=search>

How to Win the Year With New Healthy Habits

<https://organixx.com/healthy-habits/>

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