

# healthy body, healthy mind – goal setting

## Communicating Well At Home.

There I was on New Year's Eve thinking about all my resolutions, my plans and my goals for the coming year- dreaming about what I could accomplish in 2020. Then two months in... **global pandemic**. My goals seemed unachievable and made me lose a bit of hope about how productive I could be this year. I was constantly being bombarded on social media by posts saying that this was a time to find my inner artist, to do what I've always wanted but never had the time for, but honestly, I felt disheartened and upset. How could this be happening?

It is so normal to feel a range of emotions from angry to upset because this year might not have shaped up the way we wanted. Our study and schooling has been disrupted, our work might be closed or we might not be enjoying spending all of our time at home. This is normal and most of us are feeling like this. I've found one way to help bring a little bit of structure and normality back into my life during this strange and uncertain time is setting very simple goals.

Goals; when you achieve them it brings you a sense of satisfaction. How good does it feel when you finally hand in that assignment you worked so hard on? When you finally understand how to code a website? Or when you can say 20 words in Spanish?

These types of goals can bring us joy when we accomplish them. While I've been off work and staying home to stay safe, every day I come up with one thing I would like to accomplish. Sometimes the goal is as simple as *'go for a walk'* or *'do 20 minutes of meditation'*. Other days when I'm up for the challenge I might pick a daily goal of *'clean and rearrange my whole room'*. The feeling I get from accomplishing something motivates me and gives me my sense of purpose back, which a lot of us might have lost since COVID came to town.

Here is a simple way to set up some longer-term goals:

1. Set a specific goal that you want to do
2. Set a date that you would like to do by
3. Ask yourself; will this bring me joy if I accomplish this? Is my goal attainable/do-able?
4. Write down your goals; you're more likely to stick to it if it's written somewhere (I try and make a To-Do list every week)
5. Stick with it- if you didn't get it done today that's fine! You can try again tomorrow or next week even next month.

For example:

1. Learn to play my favourite song on guitar
2. I want to be able to play it for my friends before August

3. This is my favourite song and I would love to be able to play it. I have enough time to learn and it would make me happy
4. To-Do List:
  - a. Download the chords
  - b. Learn the basics
  - c. Practise for 20 minutes each day

# GOAL SETTING

Here is a simple way to set up some longer-term goals

## Set a specific goal

## Set a date you would like to achieve it by (be realistic)

*even if you didn't get it done today, that's fine! You can try again tomorrow, or next week or even next month!*

## Ask yourself

*will this bring me joy? is my goal attainable/do-able?*

## Write down your goals

*you're more likely to stick to it if its written somewhere - try a smaller to do list each week*

## Stick with it

*even if you didn't get it done today, that's fine! You can try again tomorrow, or next week or even next month!*