

FOR IMMEDIATE RELEASE

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Goals: More than just a January Juncture

How are your goals progressing this year? While teaching another Extension course recently, I was reminded how helpful it is to write down some action plans and verbalize those plans with others. This reminded me of a couple of other tools I learned about setting goals and working on action plans. I'd like to share some highlights with you to help you utilize goal setting throughout the year.

One that I tend to overlook is to first look at **Purpose**. Susan Flashner-Fineman, a part of Harvard Medical's Vitality 360 Wellness Program, shares that your goal has to be related to a result or something that is important to you, or otherwise you won't do it.

D.J. Whetter, Kansas Leadership Center Teaching Team, states you may have different goals within different levels of purpose such as career, family, project, or even life purpose. So first get clear on what purpose you are working on or setting goals for!

Our Extension program reminds us to speak positively about your goal, saying "I will" instead of "I will try," setting yourself up for more success. Now it is time to start setting your goal!

Try the **SMART technique**:

- **Specific** – Make sure your goals are very specific, rather than general. Instead of saying "I will practice self-care," instead "I will read a book for fun."
- **Measurable** – Have a way to track and measure your success to know if you are meeting your goals, such as "I will read a chapter three nights a week before bed."
- **Achievable** – Set goals that are realistic – Why set yourself up to fail? If you usually watch TV before bed every night, can you realistically give that up altogether? Start with reading 1 to 3 nights a week, eventually TV before bed may be a treat!
- **Relevant** – Make sure you are working on a goal that makes sense to you. If reading is not relaxing to you, select something else for your self-care.
- **Time-Bound** – Set a target date to achieve your goal. Again, use numbers here! Such as, "I will start reading a chapter one night a week and by the end of the month be reading a chapter three nights a week."

Tips for Success

- **Break it Down**
Is your goal a big one? Break it down to into smaller tasks, tactics, or action plans.
- **Plan for Progress**
It's not about success or failure, celebrate progress and certain milestones. Set some deadlines and check-ins to help celebrate this progress!
- **Don't go it Alone**
Create accountability and include others! Who can I partner with to complete this? Who will challenge and support me to keep going?

Best wishes for setting goals throughout the year! For more information, please contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-724-8233.

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