

Mindfulness Series

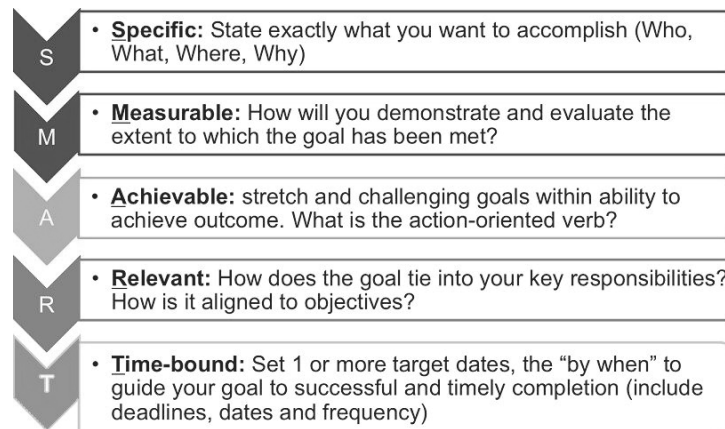
Goal Setting 301

Goal setting

Why could you use better goal setting?

What goal area would you like to start with?

Fitness - Nutrition - Stress Management - Artistic - Health - Attitude - Leisure



Goal Setting Tips

- Start small
- Create a primary focus
- Statement should be positive
- Set behavioral not outcome
- Wear problem-solving hat
- Make best of obstacles

Stuck?

- Goals too lofty
- Need more trouble shooting
- Don't care/Pain to Paradise
- Victimhood
- Mindset
- Therapy

My SMART Goals

1.

2..

3.

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