

Words About Wellness

Setting Attainable Goals

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We all know the saying, “You can do anything you set your mind to”; well, it sounds nice, but it’s not realistic. Setting your mind to reaching a goal is just the first step. You then have to make a plan and execute it – that is how you accomplish a goal. Without hard work and dedication, you will never reach your goals, and most importantly, those goals must be attainable.

Many people do not know how to set goals, so oftentimes, when we find ourselves constantly on the other end of success, we begin to feel hopeless and unworthy. When we neglect to be specific about our goals, the motivation toward achieving those goals are greatly diminished (Dickson & Moberly, 2013).

So, what does this mean?

It means, we should think carefully about what we want and are capable of accomplishing, and then, create a plan that will help us successfully reach those goals.

There’s a reason organizations are using the “SMART” method for goal setting; according to this method, in order to make realistic plans, our goals must be...

- **Specific:** Are these goals concrete, rather than abstract or overgeneralized?
- **Measurable:** Is it possible to collect data in order to increase the rate of success?
- **Achievable:** Is it possible to reach this goal with the resources that are available, and are there physical or psychological limitations?
- **Relevant:** How important is it to reach this goal currently and potentially long-term?
- **Time-Bound:** What is the point of having a goal if it doesn’t have a deadline?

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So, how does this relate to wellness? Well, in order for us to make healthy choices in life (e.g., eating healthier, increasing our activity level, and being fiscally responsible), we have to think about how we are going to accomplish and maintain these goals on a daily basis. For instance, if you decide to revamp your diet and intend to make this a lifelong change, you need to ask yourself:

- Are my expectations and plans practical?
- How can I make it sustainable for my lifestyle?
- If this plan doesn't work, what's my backup plan?

Being able to attain goals consistently overtime, can increase satisfaction in a person's health, social relationships, and personal development (Bühler, et al., 2019). So, what do we have to do to get all of this satisfaction out of life? Go "SMART" or Go HOME!!

The take away: We always need to set goals in life in order for us to continue to grow, but we must make sure those goals are realistic and our strategies for accomplishing them are specific and concrete.

So, enjoy the journey of accomplishing your goals, and most importantly, don't give up and don't be afraid to ask for help!

**WISH FOR IT
HOPE FOR IT
DREAM OF IT**

**BUT BY ALL
MEANS,
DO IT !**

Sources:

1. Bühler, J. L., Weidmann, R., Nikitin, J., and Grob, A. (2019). A Closer Look at Life Goals Across Adulthood: Applying a Developmental Perspective to Content, Dynamics, and Outcomes of Goal Importance and Goal Attainability. *Eur. J. Pers.*, 33: 359– 384. <https://doi.org/10.1002/per.2194>
2. Dickson, J.M. & Moberly, N.J. (2013). Reduced Specificity of Personal Goals and Explanations for Goal Attainment in Major Depression. *PLoS ONE* 8(5): e64512. <https://doi.org/10.1371/journal.pone.0064512>