Believe and Achieve Show Notes

In this episode…

Part 1:
- How to push through when you are struggling with achieving your goals.
- Be kind to yourself when you don’t meet your goals.
- How to set attainable goals.
- How to create a healthy work-life balance.
- The importance of self-care in working toward goals.

Part 2:
- The importance of joy, purpose and meaning when setting your goals.
- Setting goals will require you to make choices and say no to certain opportunities.
- Using meditation to keep daily challenges in perspective.
- How to overcome setbacks: focus on the things you can control vs. what you can’t.
- How being vulnerable and asking for help can help you achieve your goals.

Dr. Flarity’s 5 tips for goal setting:
1. Don’t let your fear of failure stop you from setting goals. You can always change, adjust or reset your goals.
2. Start by setting small, attainable goals and build from there.
3. Be clear in your focus. The clearer you are in what your end goals are and what you want out of something, the more likely you are to stick to it.
4. Take time for self-care; if you are solely focused on one thing, you risk burning out.
5. Find someone to hold you accountable, to help you stay committed to your goals.

Links:
- Resilient and motivated leader encourages goal setting in the New Year: afrc.af.mil/News/Article-Display/Article/2467457/resilient-and-motivated-leader-encourages-goal-setting-in-new-year/