
2019

Goal Guide

A Guide To Help You Be Who You Want To Be

Created By:

Teresa Marie Howes

www.eatdrinkandbeskinny.com

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Introduction

GET READY TO BE A BETTER VERSION OF YOURSELF

It's that time of year again

It is officially time to reflect on 2018 and plan ahead for 2019! As humans, we have an intrinsic need to get better, stronger, faster, or smarter every year. January is a great time to set yourself up for success and make your annual goals. Most of us are pretty good at that – the tricky part comes in around March and beyond – when the novelty of new has worn thin and life gets back in the groove.

Setting resolutions can be a waste of time

Most of us start the year with the most optimistic of intentions and bask in the glory of a fresh start and a new year to resolve our horrible habits and commit to smarter, and often healthier habits. Sadly, [statistics](#) show that resolutions maintained during the first two weeks are only 71%, and it only gets worse from there. Only 64% kept their resolution for one month and a mere 46% stuck with theirs over six months. According to Scranton research, just 8% of people actually keep their resolutions.

Why such a small rate of success?

Failure to follow through on is often due to a combination of poor planning, imprecise strategies for reaching your goal, and lack of a strong support system.

Introduction

GET READY TO BE A BETTER VERSION OF YOURSELF

Let this be the year your resolutions stick!

Taking the time to thoughtfully and strategically plan our your personal New Year's Resolutions can dramatically increases of success! So block some time on your calendar, print out this guide, grab a pen, kick back and use this workbook to make sure you get the most out of 2019 and beyond!

This guide is divided into 5 parts

This guide is designed to help you not only set great “resolutions” but also to help you follow through on them this year. We'll review 2018 and look at what you want to achieve in 2019. This guide will help you succeed by providing a little guidance on how to set smart goals and help you plan out how to make 2019 a success. Lastly, be sure to print and store your 2019 action and tracking sheets and visit them throughout the year to make sure you are winning the game of goals!

Ready to get started?

Part I

2018 IN REVIEW

Time to reflect on 2018 and plan ahead for 2019!

To get a better grip on how to set resolutions or goals that are relevant for the upcoming year, it's important to spend some time thinking about how you got exactly where you are today. Think about 2017 -not just how you feel right now; take a look at the entire year month by month.

- Pull out your planner or even visit your FaceBook Timeline, Instagam account or scroll through your photos in your phone to refresh your memory and look at 2018 in review to remember the highlights.
- How did it start out? Were you where you wanted to be in the spring? Did you enjoy your summer? And are you happy with how it wrapped up this winter?

The results you get from this exercise are directly related to the effort you put into it.

It might be worth blocking off about 30 min in your calendar, grabbing a pen and finding a quiet space - then ask yourself the questions on the following page. Feel free to grab a journal or print this booklet out and use it as a guideline throughout your planning process.

Part 1: Year in Review

What rocked in 2018:

What achievement am I most proud of? _____

What did I not think I would be able to pull off? _____

What day made me the happiest? _____

What was the hardest thing to do, but most worth it? _____

Who do I appreciate the most this year, why? _____

What could have been better?

What did I think I would do, but wasn't able to? _____

What unexpected mishaps rolled in? _____

What did I do that I wish I hadn't? _____

Who do I wish I'd spent more time with? _____

What do I wish I had spend more time doing? _____

Part 2

2019 Top Three To Dos

After reflecting on your 2018 highlights...

All of them, the good, the bad and the let's be thankful we get to try again's! Now turn your attention forward to 2019. Jot down the first three things that come to mind. Don't over think it, just blurt it out!

- 1: _____
- 2: _____
- 3: _____

Can't narrow it down to just three?

Cool! We're going to work on making them realistic and achievable. If you're feeling motivated to get a lot done this year – go for it!

Part 2 - 2019 Top Three

Do you have less than three items on your list? That's ok - it's better to do one thing well than more things with divided effort and attention. Have you heard the phrase "when you chase two cats you catch none?" But if your mind is just frozen, here is a handy tool to get your goal setting gusto in motion. Just fill in the blanks here to help you pinpoint your top three above.

"I want to go to _____"

"I want to spend more time with _____"

"I want to achieve _____"

"I want to earn _____"

"I want to create/build a _____"

"I want to be more _____"

"I want to try _____"

*"I want to find a _____ that makes
me feel _____"*

Part 3

How to Set SMART Goals

You may have learned this in a corporate training

However it's wildly relevant even when setting personal goals. There is some debate on what each of the letters really stand for. But regardless, walking through this exercise for each of your resolutions could give you the missing link when it comes to following through on them. Here is your quick review on SMART Goals Setting:

S – Specific

M – Measurable

A – Achievable

R – Relevant

T – Time Sensitive

Part 3 – Smart Goals

Specific

What exactly do you want to do? The more finite you can be, the easier it will be for you to know when you've done it.

Measurable

Typically stands for measurable. And yes, that's important. You want to be able to quantify your success. So if you "want to spend more time with family" you may want to narrow that down "I want to spend at least ___ per ___ doing ___ with my family." M can also stand for motivational, and in this personal goal setting exercise, take some time to think about why this goal is important to you.

Achievable

Don't set yourself up for failure and don't set conflicting goals either. If you want to spend more time with family, but you also want to go back to school and finish your degree – something's going to have to give. Be realistic about your time and resources so that you can achieve success in 2019.

Relevant

Does your goal have meaning? Does it tie into the big picture of your life? How will you benefit when you've achieved this? What will be the pay off? Write it down now, because motivation fades as life kicks in and your best defense will be having this documented.

Time Sensitive

When will you do this? Is it ongoing ("I want to listen more..."), or is it something you can mark complete ("I want to lose XX pounds)." Either way, map your exit plan and target date to keep yourself focused and on track. If it's ongoing, note that too, and how and when you will check in with yourself to make sure you're still doing it.

Part 4

2019 Resolution Planning

Smart 2019 Resolutions

Now that you know the components involved in how to set an achievable goal, take a look at your list from Part II – which of those can we translate into a goal? If you're having a hard time picking what you want to focus on, sometimes it helps to break goals into categories:

Career

Are you happy with how you spend the majority of your time? Does your income match your effort? Do you want more satisfaction, money, or personal time?

Lifestyle

Are you happy with your day-to-day operations? Sleep patterns, free time, social schedule?

Family

Is everything going well with your close and extended family? Do you see and talk with everybody you want to, as much as you'd like to? Is there someone you want to spend more time with or an issue from the past you would like to work out?

Part 4: Resolution Planning

Travel

Are you satisfied with how much or little travel you do? Is there something you want to see or somewhere you want to go?

Health

This includes diet, fitness, and weight in addition to any medical conditions. Do you have goals to eat better, stop smoking, be more active, get off your medication, and have more energy?

Spirituality

This is different for everybody, but think about what warms your heart, keeps you hopeful and works as your moral compass. Are you doing all you can here to keep you happy and healthy?

Take your goals from Part II - what category do they fit in?

What is ringing loud and clear as needing your focus this year?

Record your final goals and resolutions below:

Part 5

2019 Goal, Plan and Progress Tracker

Now it's time to get serious

You should now have a good idea of what you want to do in 2019. You have an idea of how to organize them and you've prioritized the most important things for you to accomplish in the next 12 months ahead. Let's document the details, create an action plan and schedule your follow-up!

The more specific you are, the more likely you are to do this!

1. Document your final SMART Goals for 2019. Set them for all the areas of life you would like to see improvement in: family, career, personal health, travel, etc.
2. Create an action plan for each one. Setting the goal is the first step, creating the plan is what can make it a reality. Remember, if this goal was easy, you'd have already achieved it. Creating an action plan must include doing something different.
3. Print as many copies of page 15 (front and back) as you have set goals for 2019. Complete the top portion then store them somewhere you won't lose them – a planner, journal, file on your desk.

Part 5: Set, Plan, Track

4. Make your goals public or keep it personal – but keep the trackers tangible. If you're going public, post a few on your goals on your FaceBook page. It makes it even more real and increases your chances of success!

HOT TIP: Better yet, collect a few friends or co-workers and create an accountability group. Having a community where you can share small wins along the way to your large goal and trouble shoot hurdles is a great way to find success.

4. Set a future appointment for yourself for March 30, June 30, September 30 and December 30 in whatever calendar system you use to remind yourself to do your quarterly progress review.
5. Shoot me an email at teresa@teresamariewellness.com and let me know what you are working on this year. If it's related to being happy and healthy, I might be able to help! I'm always looking for great content for blog posts and challenges, and I love hearing from you!

Record your accountability plan below:

Part 5 - Goal Tracker

Goal # _____ Area of focus: _____

S _____
M _____
A _____
R _____
T _____

Action Planning

To achieve this goal, I realize I must do something I was not doing before. In order to do something new, I must create time and space for that action. Conversely, I may have to STOP doing something I was doing before.

New Action (s) to Achieve this Goal:

Discontinued Action (s) to Achieve this Goal:

“The difference between your dreams and your reality is in the tiny bits of action you take each and every day.”

Part 5 - Goal Tracker

Goal # _____

Area of focus: _____

Review	Am I on track to achieve this - or - can I get back on track?	Is this still important? If so what do I need to adjust to get this done?	Who has benefited from me doing this? Who can help me finish/maintain this?
3-30-18			
6-30-18			
9-30-18			
12-30-18			

"Discipline is finishing long after the mood to start has vanished..." 16

Conclusion

GET READY TO BE A BETTER VERSION OF YOURSELF

This will be your key to real success in 2019

Things to don't always go as planned, and depending on what your goals are, some require a lot of commitment to change. And as grown-ups, we just don't like to change that much. But the act of writing out these goals, printing a plan and revisiting it at least 4 times next year are three significant moves that can really help hold yourself accountable.

Following through on these goals will help you become a person who does the things they say they will do. And doing the things you say you will do – ensures you act as the person you want to be.

So why not let 2019 be the year that you are the best version of yourself!?

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