



Wheeler

EMPLOYEE ASSISTANCE  
PROGRAM (EAP)

## Embrace the New Year- Set Goals & Embrace Changes



Setting goals for a new year that embraces change is an excellent way to encourage personal growth and development. Change can be both challenging and rewarding, so it's important to set goals that help you navigate and make the most of these transitions. Here's a framework to set goals that embrace change:

### **Reflect on the Past Year:**

Start by reflecting on the previous year. What worked well, and what didn't? What aspects of your life do you want to change or improve? Consider your successes and areas where you've fallen short.

### **Define Your Values:**

What are your core values and principles? Ensure that your goals align with these values, as this will give your goals more significance and make them more motivating.

### **Set SMART Goals:**

Utilize the SMART criteria for setting goals: Specific, Measurable, Achievable, Relevant, and Time-bound. This will make your goals clear and actionable. For example:

- **Specific:** Define the exact nature of the change you want.
- **Measurable:** Identify how you will measure your progress.
- **Achievable:** Make sure your goals are realistic.
- **Relevant:** Ensure your goals align with your values and aspirations.
- **Time-bound:** Set a deadline for achieving your goals.
- **Embrace Different Areas of Change:**
- Consider various aspects of your life where you'd like to embrace change. These might include personal development, career, relationships, health, or hobbies. Create goals for each area that reflect your desire for change.

### **Break Goals into Steps:**

Divide each goal into smaller, manageable steps or milestones. This will make the change process less overwhelming and allow you to track your progress effectively.

### **Prioritize Goals:**

Determine which goals are most important and prioritize them. Focus on a few key goals to ensure you can dedicate your energy and attention to making significant changes.

### **Seek Support and Resources:**

Acknowledge that embracing change can be challenging. Reach out to friends, family, or a support network to help you stay motivated and on track. Consider seeking resources or education to aid your progress.

### **Review and Adjust:**

Regularly assess your progress and adjust your goals if necessary. Change can be unpredictable, and your priorities may evolve over time.

### **Practice Self-Compassion:**

Be patient with yourself and acknowledge that change can be difficult. Don't be too hard on yourself if you encounter setbacks or obstacles.

### **Celebrate Achievements:**

As you make progress and achieve your goals, celebrate your accomplishments. Recognize the positive changes you've embraced and the growth you've experienced.

Remember that change is a constant part of life, and setting goals that embrace change can lead to personal growth and a more fulfilling year. Stay adaptable and open to new possibilities, and you'll be better equipped to handle whatever challenges and opportunities come your way.