

Goal Getter Planning - The Journey to Happy

As 2022 is upon us, now is the time to spend some time setting personal, professional, and financial attainable goals. Creating a path to living your best life should include understanding your sense of purpose. A sense of purpose is best described as what inspires us to make the most of every day. The MyHealth Connections webpage <https://www.cookcountyil.gov/service/wellness> and Facebook page <https://www.facebook.com/groups/Myhealthconnections/> has activities and events that will guide you toward making a plan and creating a clearer vision of what you want from life.

Setting goals is the first step of creating your vision of life. Align those goals with your passions so that when you start to accomplish them, you will ignite your overall happiness and wellbeing.

Use these five tips to help you set goals that you can achieve.

1. Make Your Goals Realistic

Remember that your goals shouldn't be overwhelming or unreachable as you create your plan. Your goals should align with your purpose in life. When creating your plan, decide what your goals are, be clear and detailed about how they connect your purpose, make them relevant and timely, and then **GET TO IT**.

2. Get Moving and Make Realistic Fitness Goals

Choose a goal that you can work on a little each day. Try something as small as walking a few extra steps, adding an extra push-up to your workout, or just committing to moving about more. Whatever you decide, be committed, be flexible, and challenge yourself to reach your fitness goals.

3. Reward Yourself - You Deserve It!

With each milestone you reach along your journey, remember to reward yourself. When setting goals and attaching each to a specific reward, your actions become habits. It could be as simple as going shopping or taking the family out for a special dinner. It's all about creating a balance, celebrating the little successes along the way.

4. Create an Accountability Partner

When we share our goals, we are more inclined to be accountable and commit to reaching them. Consider connecting with a friend or group to serve as your partner. It could be a game-changer.

5. Use Tools to Help with Goal Setting

Goal tracking and monitoring can be beneficial and motivate you. When you create lists of your goals, you will see your progress and highlight the little achievements along the way. Here are two tools that can make it easier to keep track of your progress.

- Grab a journal or new notebook to write down your daily progress towards your goals.
- Use online goal-setting tools. Check for apps on your phone like Coachme, GoalsOnTrack, or Way of Life (android: Way of Life and IOS: Way of life) are all goal trackers that can help track and motivate you along the way.



Track your Goals with Well on Target

Well on Target gives you the support you need to reach your health goals. Connect with personalized tools and resources anytime, anywhere. Visit: <https://members.hcsc.net/wps/portal/wellontarget>