

Wellbeing Wednesday

ISSUE 31: Setting Goals

Setting goals is an effective way to increase motivation and to help you to create the changes you want. It can be used to improve health and relationships, or improve productivity at work. Setting goals can also be an important step in the recovery from mental illness.

5 Steps to setting more purposeful goals

Step 1: Create a clear and definitive vision for your life

Step 2: Map out the steps that are going to make that vision a reality.

Step 3: Work out HOW you are going to achieve each goal along the way.

Step 4: Focus on the top 3 ideas you can execute right now

Step 5: Remove anything that is a conflict with your goals and vision



- Episode 32- [Nims Puja](#): Make your dreams a reality.
- The year of change: Week one –setting goals