



## Review and Refocus Goals

As we approach the end of the first quarter of the year, it is a good opportunity to take a further look at the resolutions and goals that we made back in January. How are you doing? Have they become dim and distant memories of a cold, best to be forgotten Winter? Or are you making steady progress towards achieving those goals?

One of the challenges that we all face is that goals by their nature are things that we know we need to work at to achieve. Generally speaking they don't just fall into place, they require focus and effort on our part over an extended period of time if they are to be achieved.

However when our goals require us to change long established patterns of behaviour it can often be easier to stay in our old patterns and convince both ourselves and others that the goal is not that important and that we no longer wish to achieve it.

Let me relate my own experiences with my fitness goals over the past three months following a minor injury that initially stopped me going to the gym. I injured my arm on the ice and a combination of bad weather, closed schools and feeling sorry for myself meant that for 3 weeks I did not go to the gym. Immediately my old patterns of not exercising took root again and that excuse of "I don't have the time" reared its ugly head.

The reality was that I had exactly the same amount of time as I had before my injury, I was in fact making a choice not to exercise and using all sorts of different mental messages to convince myself that it was not that important.....that was until a favourite outfit felt just that bit tight. Now I find that I suddenly can make the time to go to the gym again.

Goals that require us to change patterns and habits need effort. They also need us to believe that we have the capacity to change and to feed that message into our minds. As soon as I was faced with the reality of tight fitting clothes and took the time to change the messages that I was feeding my brain, I have found that I can again find enough time to go to the gym and take a healthy level of exercise.

And so my challenge to you this week is to look again at any New Year's resolutions that you have not yet progressed. Take time to consider the goals. What was it that made those goals important to you back in January? What patterns needed to change? Did you put a plan in place to enable you to change those patterns? What messages did you give your brain? Did you believe that the change was possible?

Now, based on your experience of the past three months what have you learned? Use that knowledge to create better strategies to achieve your goals. Use that knowledge to gain better supports and accountability to achieve those goals. Use that knowledge to send better messages to your brain to help you achieve those goals.

Warm Wishes

Mary

*If you would like my support in re-focusing your goals then give me a call*