

**CREATE
YOUR
OWN**



YOUR CHALLENGE: Create and accomplish your own wellness goal. Create a wellness goal—one that's personal and challenging to you—in any area of well-being (physical, social, emotional, spiritual, financial, or educational) and accomplish it. Report the completion of your goal at www.dmba.com with a simple “yes” or “no.”

GOAL SETTING ... WHY BOTHER?

It's no secret if we truly want to be successful and have balance in our lives, we need to have a desire to change, grow, and improve. Many of you have asked for the freedom to set your own wellness goal, one that's based on your individual needs. Well, here's your chance!

With this goal-setting challenge, you can design a wellness goal as individual as you are. Creating goals challenges us to plan direction by applying specific actions or strategies for success.

GETTING STARTED

Think about what you really want to accomplish or what behavior(s) you're looking to develop

and/or change in your life. Don't be afraid to think outside the box.

Remember, true well-being encompasses many aspects of life: physical, emotional, social, spiritual, financial, and educational. Maybe your physical health is exactly where you want it to be but your family health could use some attention, or vice versa.

So how do you choose? Here's your opportunity to assess your life balance in all areas of wellness and make it even better. After all, isn't life about striving to be better?

Make a list, including the aspects of life that are important to you (physical, social, emotional, financial, spiritual, etc.) and rate each one on a scale of 1 to 10: 1 = very dissatisfied, 10 = very satisfied.

A good place to start setting goals for improvement would be the area you're most dissatisfied with. If you're satisfied in all areas, great! How and where can you be even better?

IS YOUR GOAL SMART?

No matter what your goal, an effective method for goal setting is SMART. What does that mean exactly?

- **Specific:** Your goals should be clear with a focus on what it is you want to happen. Be detailed—what are you going to do? Why is it important for you now? How are you going to do it? What's your action plan?
- **Measurable:** When you measure your progress, you stay on track, reach your target dates, and find success. Choose a goal you can measure so you can see the change occur. Establish concrete criteria for your goal, such as number of days

you've worked on a behavior, inches lost, pages read, time spent, etc.

- **Attainable:** We often start working on our goals with the best of intentions. But when we set goals that are too far out of reach, it's harder to commit to doing them. Create a goal that challenges you just enough so you can feel you can do it.
- **Realistic:** Realistic doesn't mean "easy;" it means doable. Your goal needs to be realistic for you and where you are while still being a challenge. Set goals you can attain with some effort—a high enough bar for a satisfying accomplishment.
- **Target date:** Without an end point, there's no real urgency to take action. We think we can start anytime. Setting a deadline for your goal gives you something to work toward. Even if your goal is ongoing, set a date to check in and evaluate your progress.

WRITE IT DOWN

Let's face it, we can be forgetful. While it's fine to consciously set a goal, it's another matter to lose a goal in the craziness of a busy day.

So don't just think about your goal. Write it down—in detail. Written goals reinforce a message, carrying more weight than goals we set in our minds. By taking time to think through your goal and organize it in writing, you program your subconscious to give the written plan some priority.

Also, there tends to be more personal responsibility for success or failure.

Once you've written down your goal, review it. Is it SMART? (If you use other methods of goal-setting, does it follow those principles?) If not, make it SMART.



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USE A COACH

Hey, it's OK to ask for help. Sometimes we need it! The assistance of others—experts in the area in which we're trying to improve—can be invaluable.

Whether you need help with diet or exercise, financial planning, family counseling, spiritual growth, career guidance, time management, or any other area you seek to improve, your success is too important to leave to chance.

If you've identified a change you'd like to make but don't know where to begin, the first step of your action plan may simply be to seek expert advice.

Keep in mind—we have many experts right here at DMBA: registered nurses, financial planners, wellness support, etc. Don't hesitate to call if we can be of help.

ENJOY THE PROCESS

Remember, goal-setting and achievements are lifelong processes. Make a concerted effort to enjoy your successes along the way. Don't waste time worrying about goals you haven't yet accomplished—you'll get there!

Keep your expectations realistic and remember progress is always ongoing.

STRUGGLING TO COME UP WITH A GOAL?

Check out these ideas:

- Do a past Wellness Challenge (one you missed or want to try again).
- Try a family fitness challenge.
- Incorporate healthy snacks.
- Read a book a week—or two books a month.
- Cut back on vices (fried foods, soda, candy).
- Work on portion control.
- Organize a service project in your community.
- Train for an event (bicycle race, running, triathlon).
- Incorporate daily stretching.
- Set a weekly or monthly spending plan and stick to it.

WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.



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