

Set realistic resolutions and goals



It doesn't matter when you set goals. Whether it's a New Year's resolution you decide to take on at the beginning of the year or a mid-year personal milestone that you're suddenly motivated to achieve, the key is to dream big but to break the journey down into smaller goals that are realistic and achievable. That way you'll stay motivated and always keep the bigger picture in mind.

Keep it real

It's important to keep your goals and resolutions realistic. That means not setting too many goals at once, otherwise you won't be able to find your focus, and it also means not choosing goals that are impossible to achieve.

Of course it's good to challenge yourself, but if the goals you set are unrealistic, there's a higher chance that you might not achieve them and a risk that you could carry a sense of failure and despondency around with you as a result. Rather aim to break up a big, ambitious goal into smaller goals and milestones. That way you'll be motivated as you start to tick those milestones off your list and you'll deepen your confidence in your abilities as you go.

Write it down and share it

Experts agree that the next step to take after setting a goal is to both write it down and share your goals with others, be it with your friends and family or your colleagues at the office. This shows your commitment to the goal and will

help to keep you accountable along the way.

Dr Gail Matthews, a psychology professor at the Dominican University of California, did a study on goal achievement in a workplace setting and how it is influenced by writing goals. The participants in her study were between 23 and 72 years old and were split into five groups that ranged from participants who didn't write down their goals at all to those who not only wrote down their goals and action points, and shared them with a friend, but also sent weekly progress reports.

At the end of the study, 70% of all the participants in the group who sent weekly updates were found to be successful, while only 35% of the participants who kept their goals to themselves (not sharing them or even writing them down) achieved success.

We all need to have goals to challenge ourselves and grow as individuals. So the next time you set yourself a goal, commit to a realistic target and hold yourself accountable by writing down your goals and sharing your plans with a friend or loved one.