



Goal Setting and Discovering Strengths

September 2017

6 Tips for Goal-Setting

Establishing goals and tracking our progress with them is a great way of knowing whether or not we are making progress and growth in different areas of our life. There are different types of goals that one can set: personal, financial, relational, spiritual, career focused goals, etc. Regardless of what type of goal you are setting, here are 6 tips to determine achievable goals:

1. Goals need to align with your values.

Your goals need to work and support each other. One goal should not be competing or taking away from another goal. For example, a career goal may be to get a promotion, this would also align with a financial goal of attaining more income.

2. Set goals that you can control.

Sometimes we tend to set goals that depend on other people. It is difficult to know or predict how certain people may act at any given moment and goals based on how other people act, can be unrealistic. For example, many of us know someone or have known someone with a goal of being married by a certain age. This goal is heavily reliant on a partner who is on the same page as you. Therefore, try to set goals that aren't heavily reliant and focused on others.

"The greater danger for most of us isn't that our aim is too high and miss it, but that it is too low and we reach it."

- Michelangelo

"With the new day comes new strength and new thoughts."

- Eleanor Roosevelt

"A truly strong person does not need the approval of others any more than a lion needs the approval of sheep."

- Vernon Howard



3. Go big! Most goal setting advice focuses on setting numerous small achievable goals. There is nothing wrong with setting your sights high. Try not to set goals that are impossible (example: training your fish to live without water), but sometimes having a challenging large goal can be exciting and fun.

4. Be realistic with time. Life happens, we can't always predict what is going to occur in our life. A job loss, an illness, a broken-down vehicle, can all be set backs to achieving our goals. Try to give yourself a reasonable amount of time to achieve your goals, and even consider adding a cushion of time in case of something unexpected.

5. Consider success. Sometimes we get so focused on the potential of failure that we forget to think about what will happen if we succeed. Take time to focus on succeeding and accomplishing your goals, as well as what things will look like if you do accomplish them.

5. Risk versus reward. Every decision we make carries some level of risk with it, so make sure to spend time looking at the potential risk versus the reward with each of your goals.

Referenced article: <https://www.entrepreneur.com/article/282514>

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Stepping Stones To Mental Health



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Upcoming Events

Airdrie

September 9th, 11:00 am – 4:00 pm: Airdrie Fest 2017. Join as not for profit and business groups showcase their services and products. Enjoy free family fun, live entertainment, and kids' games.
Location: Airdrie City Hall, 400 Main Street SE.

September 23rd, 10:00 am – 2:00 pm: Health, Happiness & Wellness Expo. Come meet other local businesses in the field of Health, Happiness & Wellness! 100% of donation go to the Thumbs Up Foundation; their purpose is to improve access to mental health care in Airdrie.
Location: 720 East Lake Road NE, Airdrie.

October 2nd - 3rd, 8:30 am – 4:30 pm: Mental Health First Aid: Adults who Interact with Youth. This session focuses on mental health problems in youth ages 12 to 24.
Location: Education Centre, 2651 Chinook Winds Drive SW, Airdrie.
To register:
<https://register.rockyview.ab.ca/admin/register.cfm?regSesID=1595>

October 20th, 8:45 am – 1:00 pm: HeartMath Workshop. HeartMath is a system for reducing stress and creating balance in our lives. This workshop explores the impact of stress on the body and mind.
Location: Education Centre, 2651 Chinook Winds Drive SW, Airdrie.
To register:
<https://register.rockyview.ab.ca/admin/register.cfm?regSesID=1590>

Cochrane

September 4th, 10:30 am: Cochrane Labor Day Parade. Admission is free, come check out the annual Labor Day Parade!
Location: Starts: 1st Street West (Main Street) and runs throughout downtown.
For more information, please visit:
www.cochraneparade.com

Chestermere

September 6th, 6:00 pm – 8:00 pm: Energizer Night 2017. An opportunity for clubs and organizations to share information and take registrations for upcoming recreational programs and services in Chestermere and the surrounding area. **General public: Free entrance.**
Location: Main Hall: Chestermere Regional Recreation Complex, 201 West Chestermere Drive.
For more information, please email:
recreation@chestermercra.com

September 29th - 30th : Chestermere Arts Days. Stay tuned for details on the seventh annual Arts Days!
For more information visit:
<http://chestermere.ca/223/Chestermere-Arts-Days>

**Parent Education Sessions are proudly offered in partnership with Community Education Services.



Use your personal gifts and strengths to achieve your goals.

When setting goals, it is also important to identify your strengths. Your strengths can help you to achieve different goals. Once you are aware of your strengths, you can build a plan as to how they can help you attain your goals.

Here are some guiding questions that can help you navigate your strengths.

What are your friends good at? What are you good at? Sometimes it can be difficult to self-reflect on our strengths. It can help to think about someone else, identifying their strengths and why you feel they have them, then asking yourself if you also have that strength.

What is important for others to know about you? What we identify as being important information about ourselves can often be connected to our strengths. Think about what you mention about yourself to someone when you first meet them. How is that information connected to your strengths. For example, if you talk about your volunteer position teaching Sunday School, some of your strengths might be leadership, presentation skills, interpersonal skills etc.

Look at the past. Is there something that you've done in the past that you are proud of? Reflect on that accomplishment and what it took you to achieve it. What strengths can you find within that journey? Perseverance? Determination? Hard work?

On your journey of discovering your strengths and setting your goals, it is important to keep a few things in mind:

Everyone has special qualities and strengths, even people experiencing problems and challenges.

It is okay to take time to self-reflect on how awesome you are! A lot of self-reflection can be focused on looking at insufficiencies within ourselves. It is important to also self-reflect on the great things that we have achieved and our positive strengths.

It is important to celebrate the unique beauty and worth of each person, including ourselves. We can often times be our worst critic. It is important that we take time to focus on the positives and to celebrate our accomplishments as well.