Challenges Can Make Change

“Every accomplishment starts with the decision to try.”

Let’s start with the positive: Jot down your successes from the past week (no matter how small).

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Congratulations! Small, positive steps will build toward your success.

Pick one of your successes. What strength(s) did you use to accomplish it? What people and circumstances helped to make it happen?

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Keeping in mind how you made your success happen, let’s look at a goal that wasn’t quite so successful. What could you have done differently? What people, circumstances or strengths will help you this next week?

Taking the time to identify the challenges or barriers to your goal as you set is critical. Here’s an example:

I will walk for 20 minutes after dinner on Monday and Wednesday evenings.

Barrier: My daughter has a homework and she needs help.

Remember that vision you created? You said that your self-care was important (so you will be here for your daughter for a long time) and that you wanted to be a role model for your children.

Some solutions:
- Set time to know her schedule before you set your goal
- Ask a significant other to help your daughter
- Rearrange the study/dinner hour to accommodate both
- Get her started on the task, take your walk and return for the help needed.

Can you set a SMART Goal for next week—keeping the positive in mind and being cognizant of the Challenges that face you?

If you aren’t 70% sure you can attain your SMART goal, it may be better to reevaluate it. Recognize the challenges and think of some solutions as you set a goal. Keep the positive at the front—what worked well and how can you use that for your next goals. Create that successful environment!