Creating a Successful Environment

“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?

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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!