

Setting and sticking to goals

“What’s your “go-to” strategy when you need to boost your confidence and motivation?”

That was the survey question posed last month. Thanks to you, our members, we received some excellent and inspiring advice.

Here are some of the answers we received:



- Going for a run is a great go-to strategy that boosts my energy and gives me confidence; it also brings some clarity.
- I meditate and tell myself it’s got to be done.
- I let someone close to me know what my goal is. That way they can ask me about my progress along the way and I can talk to them about my successes or struggles. It helps me stay accountable!
- I usually stick to my plan no-matter-what and trust my “inner compass!” I am still working on trying hard not to procrastinate. I have to be honest with myself in identifying my weaknesses and strength by being self-aware and self-reflective. Deep breathing helps!
- Write a list with a date and just do it
- I monitor the progress of whatever I’m trying to do whether it’s working on weight control or meeting a goal at work. If there’s not progress in the right direction, I step back and revisit — maybe a new approach is needed.
- I try to think back to what the end results are going to be once my goals are completed. Remember the fix isn’t going to happen overnight or next week because the problem wasn’t created in that amount of time. It’s okay to fall off track but you have to get back on track as quickly as possible.
- Establish, remember, renew your goals and JUST DO IT!

Thank you for all your responses. We look forward to hearing from you in our next survey!

*Remember: the suggestions above are voluntary ideas from our members. They do not represent professional advice.