

# Be the Brand



## JANUARY UPDATE — GOAL SETTING

### THE NEW YEAR IS UPON US!

We're so excited to be kicking off our Be the Brand Wellness program in January and look forward to seeing and hearing about everyone's goals, achievements and activities.

Start your year by setting up your long-term goals for the year. January's challenge is to set one goal for food, activity and mind for the year ahead. Use the goal setting sheet attached (and also saved in Centre Public: L:\Be The Brand\2020 Wellness Program).

Don't forget to refer back to your goals throughout the year to maintain your motivation. It's also ok to review and change your goals throughout the year.

### WHY SET GOALS?

#### 1. Focus

Goals give you direction. They help you determine and focus on what is important to you.

#### 2. Trigger change

Goals trigger behaviour change & give you a sense of urgency that helps to overcome procrastination.

#### 3. Measure progress

Goals allow you to monitor and measure your progress and make it easy to see your accomplishments.

#### 4. Motivation

Goals give a destination to get excited about. Reminds you what is important and motivates you to stay on track.

### THE IMPORTANCE OF SELF-CARE

Sometimes when life goes at an extraordinary speed, we can forget about our personal needs and looking after ourselves becomes a low priority.

Self-care is not selfish, in fact it's essential to our physical, emotional and mental wellbeing. It's so important to take care of yourself and recharge your batteries as it leads to being healthier, happier and better equipped to deal with life's ongoing challenges and to support others in your life. Self-care also reminds yourself and others that you and your needs matter and are important too.

Self-care doesn't mean going off to a day spa every day (although it can if you really want it to!). It's taking some time out to listen to your body and tune in to what you really want and need and doing the best you can to honour that. It might be anything from prioritising eating well, to taking time out for a relaxation activity, spending quality time with a friend or making sleep a priority. Contrary to popular belief, being busy is not a badge of honour and it's ok to take time out to rest, replenish and recharge. Whether it's 5 minutes a day or 30 or 60, the key is to stop and take the time to reflect on what you need.

The new year is the perfect opportunity to reflect on what you need to do to look after yourself. And with our new Wellness Program, each month will give you a prompt to work on a specific area related to your wellness.

### WELLNESS ACTIVITY IDEAS FOR JANUARY

We know January is a busy time with school holidays and many of your team may be away. If there's a time you are all in centre, get together and share your goals with each other. Talk about the steps you need to put in place to reach each of your goals and how you can support each other to reach them.

*"Taking care of yourself doesn't mean me first, it means me too"*

# Goal Setting Worksheet

## SET YOUR S.M.A.R.T GOALS FOR 2020



**Specific** – What exactly do I want to achieve?

**Measurable** – How can I measure and record my progress and success?

**Achievable** – Do I have the skills and/or support to achieve my goal?

**Realistic** – Can I reach it/do I need to break it down into smaller goals?

**Time Specific** – When do I want to achieve my goals by?

*Food*

*Activity*

*Mind*

**ASK YOURSELF – WHY ARE THESE GOALS IMPORTANT TO ME?**