



Speaker: Karen Maleck-Whiteley, C.Ht.: “Goal Setting & Tools for Success”

Megan Curtis introduced our guest speaker and turned call over to Karen Maleck-Whiteley. Talking points from this portion of the call follow:

Set goals for this year, and beyond.

- Ask yourself “Is this a goal?” not a hope, dream or ambition.
- Goals are clear and specific and come to fruition through planning.
- Does your goal excite you? Is it **your** goal or someone else’s goal/desire for you?
- What is your commitment to your goal? (Is it a “I’ll do it later/when I get to it” goal, a “I’d really like to do it” goal, or a “There **has** to be a way” goal?)

Aside: One of the things really successful people do that makes them successful is that they put a strategic plan into action to reach their goals so that no matter how tough things get, they are continually taking some kind of action to move forward.

Reality Check

- How do feel about your Goals? Goals vs. Hopes, Wishes, and Dreams
 - One thing to consider when establishing certain types of goals is, if this is a good time for you to have these specific goals.
 - Get rid of unrealistic goals. You can get rid of these because of life-timing so they don’t just sit there and make you feel guilty for not accomplishing them.
 - You can also update goals as time progresses and your situation changes or the accomplishments that you have made allow you to change your goals.

Resistance/Discomfort/Fear

- How does resistance show up for you?
 - Resistance/discomfort/fear is very normal for everyone. Really successful people play a mind game and put in place something that keeps moving them forward.
 - Take resistance as a positive step to getting closer to where you want to go.
 - Often times there are no accidents in life (i.e. car collision, coming down with a cold). Something positive can come out of these occurrences and make you realize what you should really be doing.
 - It takes a series of small steps to reach your ultimate goal. Through these steps, you will constantly challenge yourself to step out side of your comfort zone. When you meet resistance from yourself, the choices are to STEP or NOT STEP – but you **have** to step. Change your mindset to make it positive and bring in a support group.

The Mental Game

- Answering the Committee
 - Voices in your head (whether they are from family, friends, YOURSELF, etc.) usually tend to be negative. You **MUST** change this and turn them into a positive

- Revise your self talk.
 - Make it accurate, kind and helpful
 - Talk to yourself the way you would talk to a friend or close companion. Keep in mind, we are our own harshest critics. We would never say half the things we say to ourselves to others.
- Increase positive input.
 - Use affirmations and visualizations to help yourself through difficult times
 - Affirmations are specifically worded sentences to you. They should be written in the present tense, in a positive voice and you should say them to yourself as if they are already true.
 - Rewording your goals can sometimes work as a good affirmation. Or, you can break your goal into smaller steps and create an affirmation to help you through each step.
- Shift to “It’s Possible” and “There's got to be a way to . . .”
 - Studies have shown that the brain does not know the difference between something that is vividly imagined and something that is actually experienced. Use this to your power.
 - Visualize accomplishing your goals.
 - Tell yourself “It is possible.” This small action becomes very powerful because your subconscious mind is reacting to what you are consciously telling yourself and tasks become “possible”.
- Reframe and tell the truth
 - Distinguish between facts & beliefs and facts & emotional reactions.
 - Many times we take beliefs about ourselves to be fact when in actuality they are just our opinions and emotional reactions (e.g. “I can’t sing”).

Support

- Women are naturally more giving/nurturing, but it is difficult for them to receive/ask for help/support
- Make a commitment to find help/support
- Think of everyone who can help you
- Learn to delegate/delegate more
- Actually listen to those who are already your cheerleader.
- Look for/ask for what you need

Monitor Your Progress

- Do a reality check

Do Not Give Up!

- Keep yourself moving.
- Do something, even if it’s not clear.
- Even the smallest step is still action.
- Tell yourself you can do it – the more you align the thoughts in your subconscious with your conscious, the closer you'll get to these goals.