

# Connect Care

## Goal-Setting for the New Year

BY DR. ROGER HABER

The new year motivates many of us to consider making some goals for the next twelve months.

The term, *smart goals*, has been around a long time. The first known use of smart goals was used in the November 1981 issue of *Management Review* by George T. Doran (so it's been around a long time).

It might be useful to use the SMART acronym when making some goals for 2024:

- Specific (simple, sensible, significant)
- Measurable (meaningful, motivating)
- Achievable (agreed, attainable)
- Relevant (reasonable, realistic and resourced, results-based)
- Time-Bound (time-based, time limited, time/cost limited)

So, instead of starting the year saying, "I'd like to read more," or, "I'd like to lose a lot of weight," or, "I'm going to workout this year," we might think about applying the SMART criteria.

What might that look like?



**“YOU MISS  
100% OF THE  
SHOTS YOU  
DON'T TAKE.”**

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**WAYNE GRETZKY**

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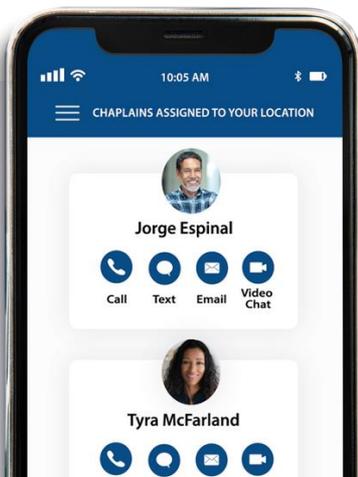


- ❑ **Specific:** "I will read at least one book/month in 2024;" "I will lose 24 lbs this next year;" "I will work out at least three times/week this year."
- ❑ **Measurable:** "I will keep a written record of the books I read;" "I will weigh myself once/week and keep a written record;" "I will record my workouts—time, activity, etc., each time."
- ❑ **Achievable:** "I have the resources—a library card!" "Scale has the batteries—I have an accountability partner." "I have the gym membership, or walking shoes—good to go."

- ❑ **Relevant:** "I will be able to track the results of my reading;" "Losing weight is a worthwhile goal for my health;" "Working out regularly has been something my doctor mentions every visit."
- ❑ **Time-Bound:** "I will start this month;" "I will set up my chart or spreadsheet to record weight weekly today;" "I have contacted my accountability partner and he or she will meet me to work out."

One more thing: Let your chaplain know about your goals. He or she can help hold you accountable. Maybe your chaplain can share about his or her goals for 2024.

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



## 24/7 access to your Chaplain Team via MyChap App

\*free in your app store



## How It Works



Enter your company's Location ID:



Select a Chaplain to call, text, email, or video chat directly from the app.



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