

the RECOVERY Box

GOALS AND VALUES

FOR SURVIVORS

HAVE YOU EVER HEARD THE PHRASE “NEW YEAR, NEW YOU”? INEVITABLY, ON THE FIRST DAY OF JANUARY OUR SOCIAL MEDIAS BECOME FLOODED WITH PROPAGANDA PROMOTING FRESH STARTS. THE START OF A NEW YEAR IS OFTEN SEEN AS THE IDEAL TIME TO TAKE ACTION AND CREATE THE “NEW YOU”.

A SNAPSHOT OF JANUARY 1ST NEWS

It's a new year – start transforming the new you

New Year, New You: How To Make A Difference In 2018

New Year, New You: Everything You Need To Keep Your Resolution Alive

New year, new you: How to make 2018 your best year yet

TODAY IS THE DAY.

Start 2018 off strong with the #MyACTIVE2018 21-DAY Challenge.

THEORETICALLY, THE “NEW YEAR, NEW YOU” IDEA SEEMS GREAT; HOWEVER, MANY DO THIS BY SETTING UNREALISTIC GOALS THAT ONLY CAUSE THEM TO QUICKLY ABANDON THEIR MISSION AND REVERT BACK TO THEIR OLD WAYS.

NOW, THERE'S NOTHING WRONG WITH SETTING GOALS AT THE BEGINNING OF THE NEW YEAR, IN FACT, IT'S ENCOURAGED! ANY TIME SOMEONE IS TAKING AN OPPORTUNITY TO BETTER THEMSELVES SHOULD BE APPLAUDED. IF YOU HAVE SET ASIDE SOME TIME FOR GOAL SETTING THIS JANUARY, HERE IS A TIP TO HELP YOU SUCCEED:

Create goals that align with your values!

GOALS

Simply put, goals represent what you want to accomplish, whether it takes a week or a year to achieve.

VALUES

Values help represent your biggest priorities, your most deeply held beliefs, and the core, fundamental forces that drive you through life.

THINK ABOUT THE VALUES YOU CHERISH MOST. YOU HAVE THEM FOR A REASON! THEY'RE THERE TO HELP GUIDE YOU. NOW TRY THINKING ABOUT YOUR VALUES AS A HEIRARCHY. WHICH OF YOUR VALUES DO YOU VALUE THE MOST? NOW THINK ABOUT YOUR GOALS. HOW CLOSELY DO THEY ALIGN WITH YOUR VALUES? DO YOU PUT MORE ENERGY INTO GOALS THAT ALIGN WITH YOUR VALUES OR GOALS THAT DON'T? REFLECTING ON QUESTIONS LIKE THESE ARE THE FIRST STEP IN SUCCESSFUL GOAL SETTING! JUST REMEMBER, YOU ARE THE AUTHOR OF YOUR STORY AND ARE CAPABLE OF ACHIEVING ANYTHING YOU SET YOUR MIND TO!