

EP. 12 RESETTING GOALS

Reflecting, Resetting, and Reevaluating

It's time to set new goals - acknowledge where you have been and where you are going.

Don't compare your Q1 goals to your Q3 goals - it is important to have realistic expectations. Don't expect to hit the same numbers you had originally planned on in the beginning of the year. It is okay to reevaluate and set new goals based on what has been going on. Don't get discouraged and don't think you are not being productive!

Keep the end game in mind.

Shifting your mindset from being negative about not hitting original goals to resetting new goals and start working towards those is key for ending the year strong.

Without goals you will fall into a rut - if you find yourself working without motivation, take a step back and think about what your priorities are.

Questions to ask yourself:

Have your priorities changed? Are you more safety oriented than goal oriented? Stay safe but get back in the goal hitting game.

What distractions are keeping you from the things that are most important?

Do you have daily, weekly, and monthly goals you are working towards?

REMEMBER TO CELEBRATE WINS. Set your new goals and then continue to celebrate when you hit those goals!

Stay positive and focus on what you can control, not what you can't!