



# Counselor Connection

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## Making Your Goals a Reality

As we enter a new year, it is a natural time to think about change. There is usually more than one thing a person wants to change about themselves and/or the quality of their life. It can be hard to get started. Or, it can be hard to keep up when change is not immediate. Do you give up on your goals and dreams because it is hard? Why not find a way to make your goals a reality. Turn your New Years' resolutions into realistic goals with the following steps.

1. List values: Make a list of the things you value. Some ideas are: health, spiritual connection, career development, relationships, economic stability, emotional well being, and leisure time. In other words, what makes your life fulfilling?
2. Brainstorm goals: Evaluate each of your own values. Is there something you'd like to change about any of the areas that you value? Make a second list of the goals (i.e., things you'd like to change).
3. Make goals measurable: How will you know you have reached your goal? Reword your goals to make them as specific as possible. An example of a measurable goal is "exercising 3 times a week" or "take exercise class 5 times a month." These 2 goals are more specific and measurable than "begin exercising."
4. Set realistic timeframe: Some goals will be ongoing and others will be time specific with start/stop times. Next to each measurable goal, write out how much time/energy you would like to devote to each goal. Which of your goals are realistic for you to accomplish this year? Cross out any that need to wait until another year.
5. Identify resources: Next to your realistic and measurable goals, identify what resources and/or research you will need to accomplish each goal. Examples for the above exercise goal may be: "research gym membership fees," "buy exercise clothes," "find running partner." You will typically have several objectives under each goal.
6. Evaluate and celebrate: Find a place to keep your goals, so that you can evaluate them throughout the year. Refine your list and objectives as needed. Remember not to beat yourself up here, this is meant to help you learn what works and doesn't work for you. **Self-correction does not have to be self-criticism.** Lastly, celebrate as you cross off objectives and/or reach your goal for the year!

New Years resolutions can be too broad or vague. Or, maybe you are trying to accomplish too much. Following the above steps should help you make your goals more specific by identifying how much time and resources you will need to devote to them. If you break it down, it will remind you that change takes time. Change is less like a sprint and more like a marathon. Here's to reaching your finish line!

[To schedule a professional consultation, call 816-373-6761 \(ext 2\).](tel:816-373-6761)

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## Client Updates...

If your **insurance has changed in 2010**, please make sure I have a copy of your new insurance card. Frequently, insurance copays and deductibles change at the beginning of the year, so please call the customer service or mental health number on your insurance card to know your coverage details.

With the abundance of snow and cold weather we are having in Kansas City, I thought I'd let you know I **do not have an inclement weather policy**. If I can't make it to the office, you will get a call from me to reschedule your appointment. Otherwise, I will be there for your reserved time, so please call if you aren't able to make it due to the weather.

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