

Good morning and happy Monday team!

I hope your day is off to a great start. Last week, we discussed tools that can be used as weapons against stress. This week, I challenge you to think about your path to change. We have considered what we want to change, why we want to change, and what change might look like. This plan will help us focus on what is most important, get more out of life, feel more confident, and know where we want to go. You will find an outline of a plan that might be helpful to keep yourself motivated for change.

There is no right time for anything

- “I’ll start after the first of the year.” Or “I’ll start when things slow down at work.”
- You get the idea. If you wait for the right time, it may never come. You won’t achieve your goals by waiting and wishing.
- They require realistic plans, consistency, support, and a lot of positive self-talk.
- Stick with a plan
 1. Seek positive information daily
 2. Get organized
 3. Keep the big picture in your mind
 4. Be consistent
 5. Don’t worry about things you cannot change
 6. Give yourself credit

Start moving forward

- How important is your goal?
- How is your level of confidence in your ability to change?
 1. Feel an urgency to do something
 2. It doesn’t have to be something big or a lot
 3. It just needs to be genuine.
- Making small changes can get you where you want to be
- Slow and steady instead of no pain, no gain

Take small steps, establish SMART goals

- **S**pecific: goals that clearly express what you want to achieve will help you feel more motivated
- **M**asurable: goals help you assess yourself along the way
- **A**chievable: or attainable goals need to be realistic
- **R**elevant: goals ensure that the outcome matters to you
- **T**ime-Bound: goals refer to timelines or deadlines

Your support system

- They should reinforce and compliment you for success but not punish you for failure.
- They should support your autonomy.
- It is always your responsibility to identify the goals and actions you will take.

Keep moving forward

- Moving forward and making progress is NOT a straight line.
- Set backs happen and are normal.
- When set backs happen, revisit your plan.

- Don't give up or panic.
- Get back on track.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

- Martin Luther King Jr

Peace,
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

