

Good morning and happy Monday team!

I hope you all had a great weekend and have enjoyed this warmer weather. Last week, we began tackling the demons of self-doubt. I hope that we can continue to be kind to ourselves and build confidence.

This week, we are going to look at the importance of **setting goals and getting started**. If taking action in the face of fear, doubt, or lack of motivation were easy, our real lives might look more like our wildest dreams.

We need goals or our efforts will lack focus and direction. One way to think about goals is to ask questions. **I challenge you to ask yourself these questions:**

1. What opportunities have I turned down because I didn't feel confident enough?
2. What opportunities would I pursue if I had more confidence?
3. Are there activities I have avoided because of the lack of confidence?
4. In what ways have I limited my life because of fear?

Goals need to be realistic and should not demand perfection. That is not say you should give in to self-doubt. Dream big as you are writing your goals – you will learn how to break them into bite – size, doable pieces. **But remember that you are human.**

Goals are driven by our values. Values are the principles that give our lives meaning and allow us to persevere through adversity. But often our lives do not perfectly align with our values, particularly when a lack of self-confidence stands in the way. Sometimes it takes reflection to know which values you really hold closest.

I challenge you to ask yourself these questions related to values:

1. What is important to you?
2. What sort of person do you want to be at work? In your relationships? In your community?
3. If you could wave a magic wand and have your ideal life, what would it look like?

“What you get by reaching your goals is not nearly so important as what you become by reaching them.”

- Zig Ziglar

Peace,
Maggie

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

