

March Tip of the Month: 3 Ways to Get Refocused on Your Goals

As we find ourselves 3 months into 2018 already, the exciting goals or resolutions we made for ourselves in January may not be working out or have disappeared all together. For most, daily work is stressful and consuming to the point where having a moment to just relax and focus on other things seems impossible. What can we do to get back on track of our visions and aspirations for the rest of the year?

1. Remember Enthusiasm!

Enthusiasm translates from the Greek phrase “to have a spirit with you.”. A Harvard research validity study entitled “Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance” shows that it’s possible to influence genuine feelings by simply holding one’s body in high-power postures. Participants were randomly assigned to ‘high’ or ‘low’ power pose groups and had saliva samples taken before and after the posing measured testosterone and cortisol levels. The researchers found that high-power poses decreased cortisol (a stress related hormone) by about 25% and increased testosterone (a hormone that increases self esteem) by about 20% for both genders.

2. Tell Someone About Your Goals

When you share your goals you’re literally feeding your accountability muscle. If you’re telling to a friend: “you know what, I will travel to Thailand this summer”, you can bet that the next time you see each other, he’ll ask: “hey, how’s your trip to Thailand going?”

Accountability is a measure of your “stick-to-it-ness” (and please do not complain that this is not a word, I had enough from my spell checker already). So, if you bring other people in your goal picture, you can bet that your overall involvement in that project will be considerably higher.

3. Get Visual

Someone once said, “we are what we think about”. But perhaps we are also we are what we see. Maybe it is time for a vision board for your goals. Vision board are a powerful tool which has the potential to help you meet your own goals and objectives. It is not merely a collage, but it is a constant reminder of the thing which is most important to your life...your goal(s). They also have a positive improvement in your confidence in achieving your goals.

3 Big Benefits of a Vision Board:

- Transform your thinking
- A visual reflection of your goals
- It helps you clarify, focus on and achieve your goals