



Discover Your Potential

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Making a New Year's resolution shows your wish for positive change in your life. It's a genuine expression of your desire for self-development. However, statistics show that most people fail to stick with their resolution for very long. Don't blame yourself! The problem may simply be learning how to effectively set your goals.

"Goal setting is one of the tools we can use to elevate the world from mediocrity to greatness. It is a huge part of what makes us successful in conventional terms and, more importantly, happy, balanced, and motivated people." — *lululemon athletica*

Goals are tools that help you to discover your potential. They act as a compass to take you in a specific direction. But, goal setting needs to start off right in order for it to be a success.

STEP 1. WRITE IT DOWN

"The difference between a dream and a goal is writing it down."

— Chip Wilson

Sit down with a pen and paper and decide exactly what you really want. Writing your goals down gives you something to focus on. Lululemon athletica suggests writing your goals in the present tense, following the SMART acronym below:

Specific

Be clear and specific about your goal. Pick activities that specifically match the results you want.

Measurable

If you can't measure it, it's difficult to achieve. Keep a record, take measurements. Assess your progress by gathering information before, during and after your goal-setting process.

Attainable

Make sure you are able to achieve your goal. Achievable goals give you a sense of accomplishment, which is an incentive to setting and achieving your next goal. If your initial goal is big, break it up into smaller pieces so that you can experience success along the way.

Realistic

Is this goal feasible given your effort level and tendencies? Work within your lifestyle. Be honest with yourself.

Timely

Write a specific date for achieving your goal, so when it comes you can check off completion of that goal.

STEP 2. KEEP YOUR GOAL IN MIND EVERY DAY

Set your goals and post them where you can see them and keep them in your mind. Put them on the refrigerator, your desk, a wall, or places you will frequently see them. Be creative and make posters and charts for mapping progress visually. Recommit to your goals every day.

STEP 3. CREATE SUPPORT

Whether it's your friends, family, colleagues, or a hired professional, the more people are aware of your goals, the more they can support you. Perhaps you have a friend who has a similar goal; working together can be effective in keeping you on track. Or, if you need

specialized advice you may need the help of a trained professional who will help you stay accountable and can greatly improve your success rate.

STEP 4. BE PREPARED

Make sure you have any supplies or gear you might need to get you started. Keep your supplies readily available each day.

STEP 5. STAY POSITIVE

What will keep you going when your enthusiasm fades? Make a plan in advance for those times when your motivation starts to waver.

- Focus on creating positive thoughts and activities, rather than restricting negative ones.
- Avoid all-or-nothing thinking. Remember that wherever your attention goes, energy flows.
- Write down the benefits of your goal to serve as motivators.
- Keep a journal as you progress, and write down your discoveries, insights, and good feelings.
- Make the process of achieving your goal fun and enjoyable as much as possible.
- Prepare for setbacks. Coming down with a cold or flu might get you off track for a week, so have a plan to get your momentum going again. Setbacks are not failure... you may just need reinforcement from time to time.
- Reward yourself with each milestone. Celebrate your achievements, both big and small, by treating yourself to something positive and healthy, such as a therapeutic massage, a new outfit, or something that brings you joy.

STEP 6. GIVE IT TIME

Most experts agree that it takes 21 days to create a habit, and six months for it to become part of your daily life. So, stick with it, and know that making an everyday commitment to yourself will resonate positively throughout your life!

The SMART goal guidelines in this article were excerpted from lululemon athletica's philosophy on goal-setting. Lululemon athletica is a company that creates yoga-inspired athletic wear for women and men, and was founded on the belief that great athletic apparel can help people live longer, healthier, more fun lives. **Full Circle Wellness Center** is the only facility in Albuquerque that carries lululemon athletica. Not only will you look great during your workout, but their Organic line is made with naturally sustainable materials such as bamboo, organic cotton, and hemp. Take it to the next level with their technically advanced fabrics such as moisture-wicking Luon™, anti-stink Silverescent™, and skin-softening Vita-Sea™. Come down to Full Circle Wellness Center to experience it for yourself. You've never felt athletic apparel like this!

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