

Sticking to Goals through Life's Disruptions

Subtitle

Learning Objectives



- + Understand the Fear vs. Hope Mindset and how emotions are tied in
- + Recognize how practicing hope requires goal setting
- + Learn new tools and strategies for setting goals



Fear Mindset

- Perceives limits
- Rooted in the past/future
- Seeks isolation
- Tries to control
- Pulls back



Emotions

- Used to be thought of as a “soft skill”
- Now we understand they help us be adept and agile
- Allow us to step out of fear
- Are data – signposts to the things we care about
- Critical to learn how to deal with them in a positive way



Opening Up To Emotion

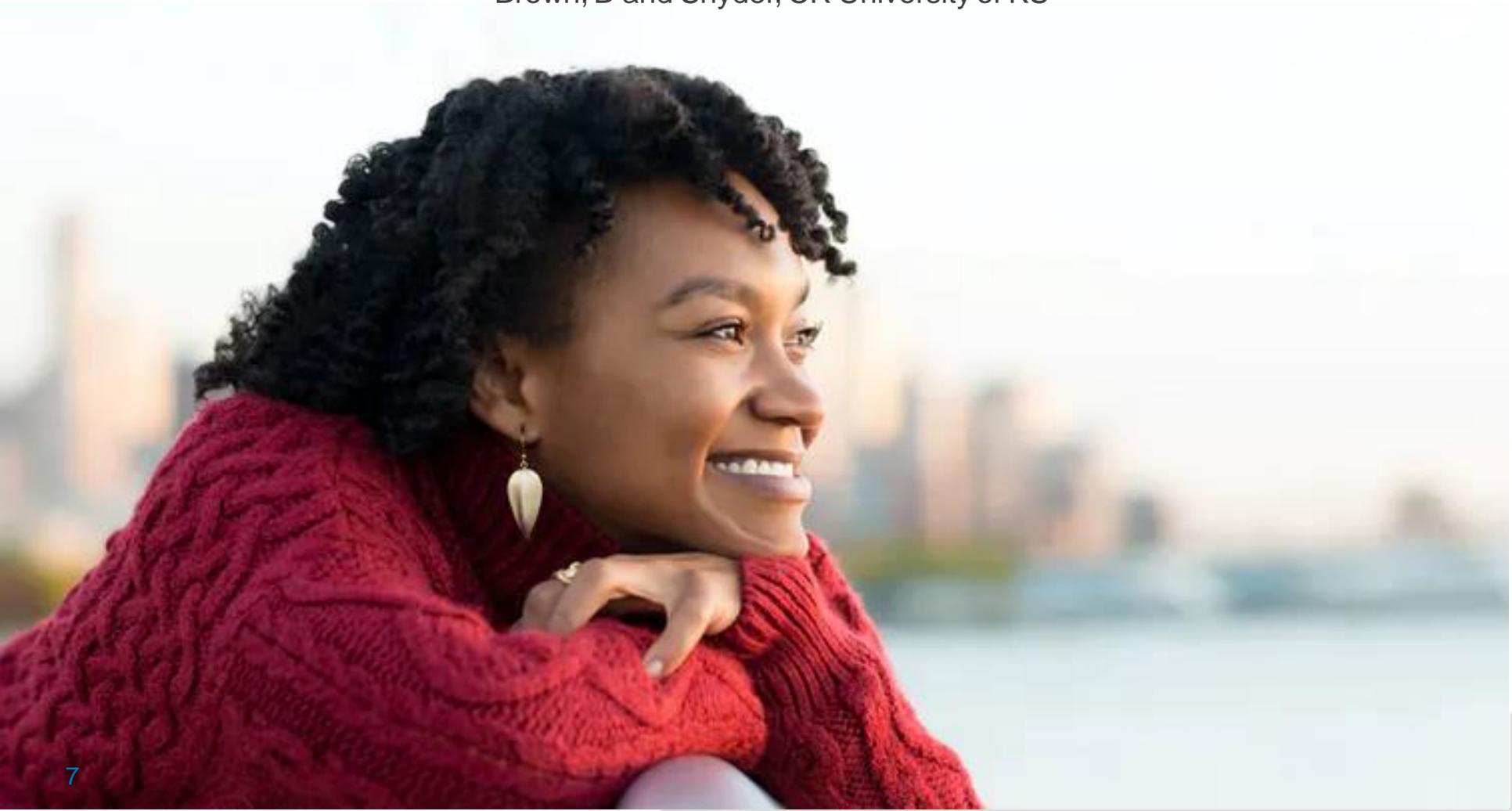
To connect to our emotion(s) we need to name it and connect a value being signaled by that emotion



Hope Mindset

Hope is not an emotion. Hope is a way of thinking, a cognitive process made up of a trilogy of: Goals, Pathways & Agency

Brown, B and Snyder, CR University of KS





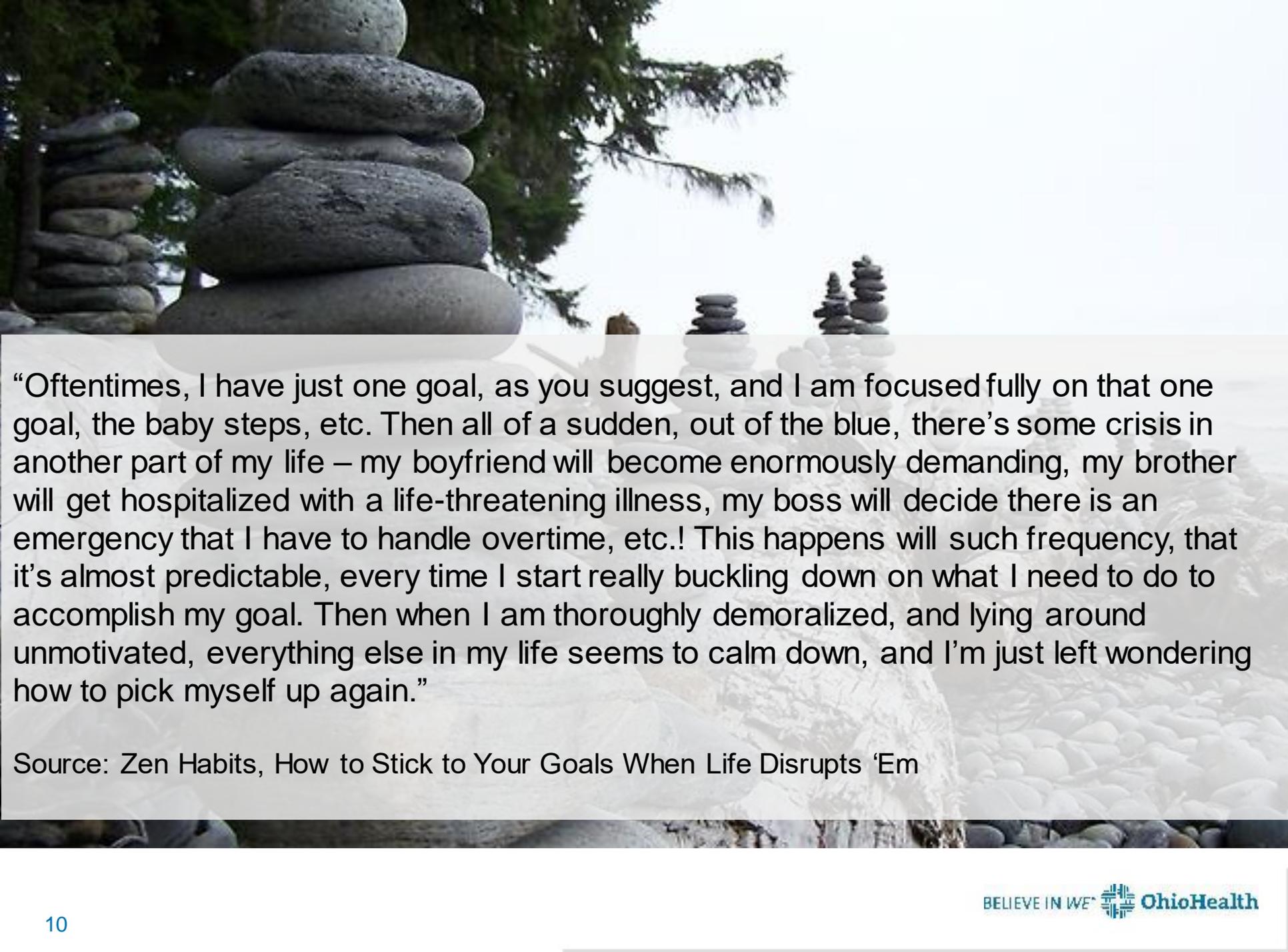
Hope Mindset

- + Perceives opportunity
- + Rooted in the present
- + Seeks connection
- + Creates space
- + Pushes forward

Hope Takes Practice

- + In order to keep moving forward, we have to get back up.





“Oftentimes, I have just one goal, as you suggest, and I am focused fully on that one goal, the baby steps, etc. Then all of a sudden, out of the blue, there’s some crisis in another part of my life – my boyfriend will become enormously demanding, my brother will get hospitalized with a life-threatening illness, my boss will decide there is an emergency that I have to handle overtime, etc.! This happens with such frequency, that it’s almost predictable, every time I start really buckling down on what I need to do to accomplish my goal. Then when I am thoroughly demoralized, and lying around unmotivated, everything else in my life seems to calm down, and I’m just left wondering how to pick myself up again.”

Source: Zen Habits, How to Stick to Your Goals When Life Disrupts ‘Em

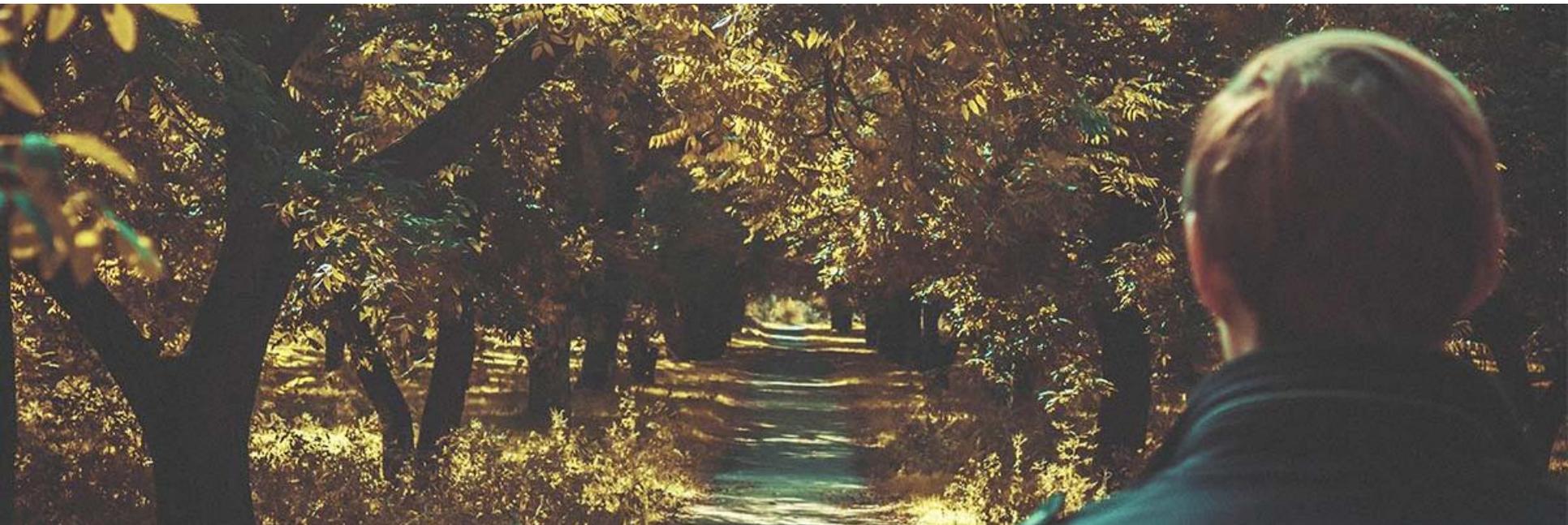
Anticipate, Anticipate, Anticipate

- Think ahead.
- What is on the horizon?
- What obstacles have you run into in the past?



Find The Path

- When we see an obstacle, how do we react?
- Work to get around it, get over it, etc.
- Make space.
- There are solutions---creativity is a key.
- Be willing to try more than one path...experiment.

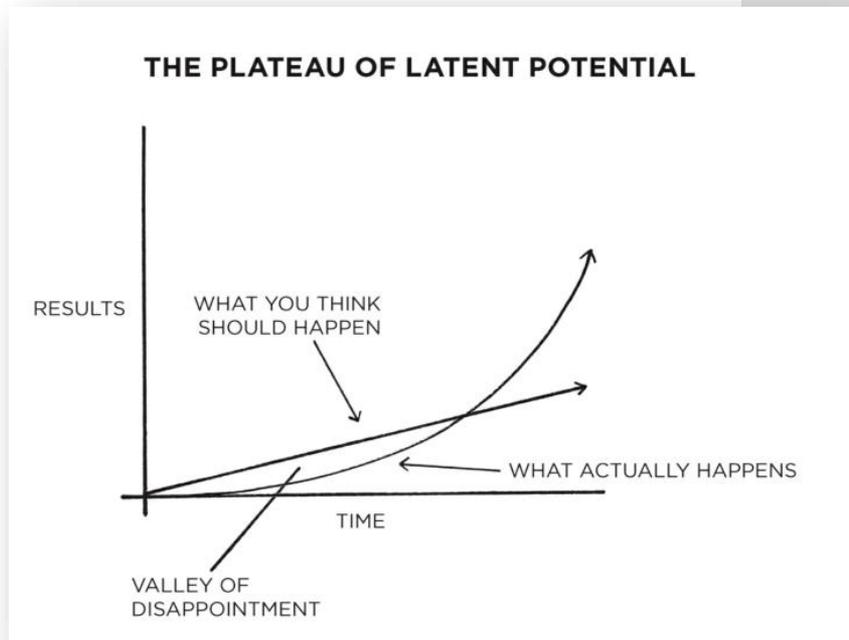


Two Steps Forward, One Step Back

- Setbacks are part of the journey
- Even with setbacks we are still making forward progress over the long run (data, etc.)



When we fall, get up, and learn from it!



- + No one is successful all of the time – we WILL screw up!
- + When there are disruptions, we need to learn from them.
- + Why did this happen? What stopped me? What obstacles go in the way? How can I get around them NEXT time? (and plan for next time)

Source: *Atomic Habits* by James Clear

Find New Motivation

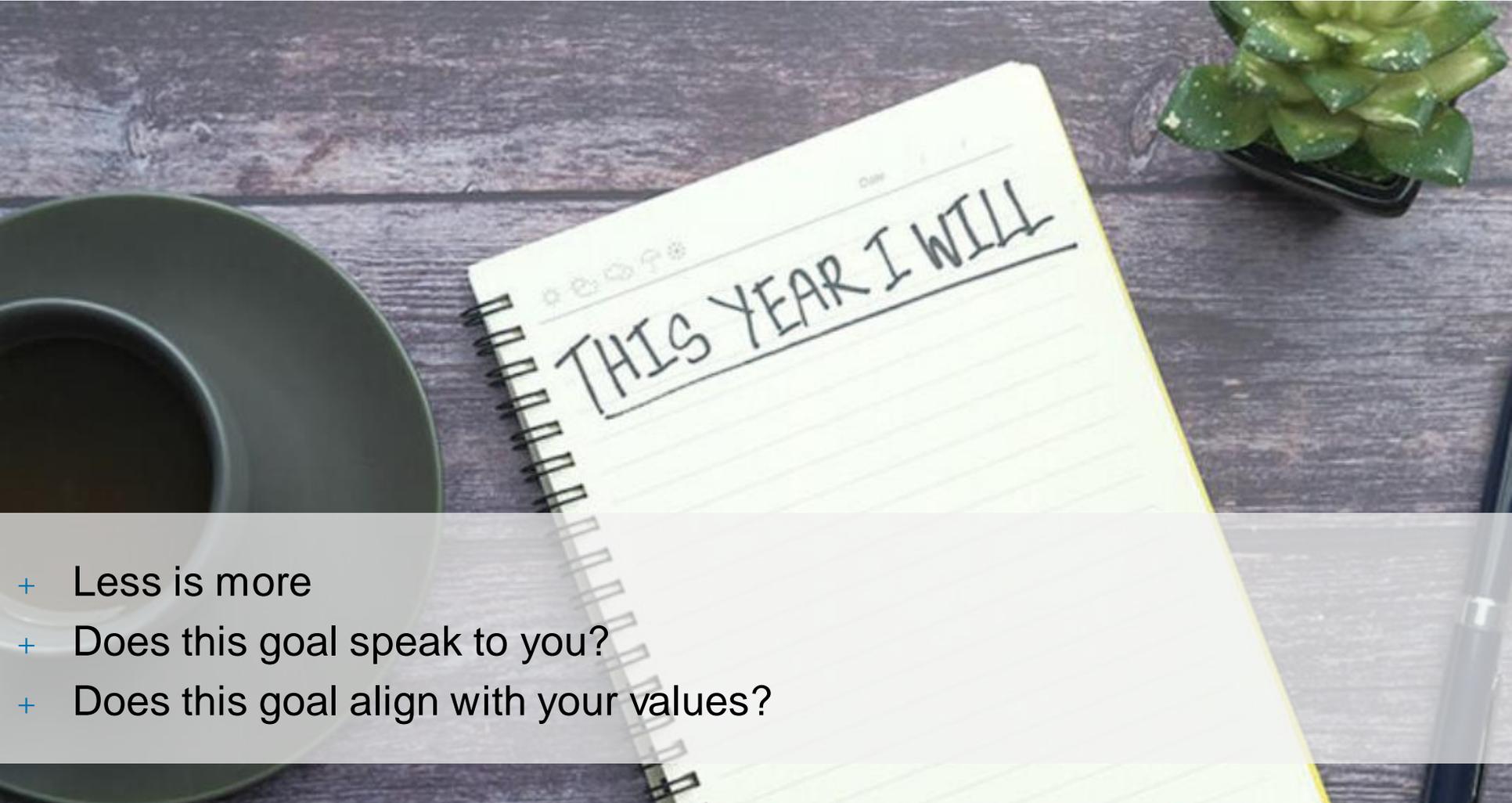
Sometimes we not only get derailed but de-motivated. So we need to find motivation again or new motivation.

Go back to basics:

- Why did I start this in the first place? What is my WHY?
- Do I have a vision for who I want to be, how I want to show up or feel different?
- What was the reason for change?



Goal Setting



- + Less is more
- + Does this goal speak to you?
- + Does this goal align with your values?

Go With The Flow

- Change is good and part of Life.
- We need to accept and embrace change (even in our routines, etc.)
- We must learn to accommodate the changes in life that are thrown at us and STILL head toward our goal.



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