

BEYOND JANUARY

CREATING HABITS THAT LAST PAST THE NEW YEAR



START THE YEAR BY DEFINING SUCCESS

If we want to make 2024 our best year yet, we first need to decide what that looks like to us. To do this, we should take time to create our own definition of success.

Getting very clear about what we think great looks like helps our brain begin to focus on steps that can help us move in the right direction, and lays the foundation for us to build habits and patterns that actually help us achieve the success we decided on.

Definition of Success

Defining success helps us make choices, rather than just follow impulses. These kinds of shifts might be challenging for us, but creating a clear definition of success helps us become more intentional about taking the right steps toward our desired future.

As you begin to create your own definition of success this year, consider these questions:

- What do I want to learn this year?
- What impact do I want to have on others this year?
- What are some things I want to accomplish this year?
- What do I want to enjoy doing this year?
- What do I want to be better at this year?



As we begin to think about these questions and develop our definition of success, we can begin to understand what it will take to get there.

Now we can set goals and start to build habits that will help us achieve them.

SET GOALS FOR YOUR BEST YEAR YET

Goals are not something someone writes down for us or convinces us to achieve. They are things that tug at our heart. Goals cause us to push a little harder, practice something a little longer, and rise a little earlier.

Goals are fundamental to behavior change. If we want to consider a new path, it begins with a new goal. When considering the goals we want to set, we mentally begin the process of building a path for behavior change.

Why setting goals is important

- They are fundamental to behavior change
- They are focused on improvement
- They connect our emotional brain to our thinking brain
- They help us prioritize our habits
- They encourage strategic thinking instead of reactive behavior

How to set the best goals for yourself

- Set compelling goals
- Set goals that have balanced difficulty
- Set goals that can be accomplished instead of avoided
- Set goals that can be visualized
- Set goals that have a close time frame for accomplishing

In order to achieve our goals, we must be very specific about the things we have to accomplish. Then, we can figure out how to make them happen for ourselves and others.

CREATING HABITS TO MEET OUR GOALS

Once we've created compelling goals for ourselves this year, we can focus on building habits that can help us achieve them. Keep in mind:

- Habits are how our brain frees up thinking space
- Habits take time to build

Think of a goal you've set for yourself and ask this question:



What things, if I did them consistently, would help me achieve the outcome I desire?

Once you've answered this question, you know what to practice through repetition to turn them into habits.

Tools to help us succeed

To give ourselves the best possible chance of creating new habits, achieving our goals, and making this our best year yet, it's important to set up the environment. We can do this by:

- Tracking our progress - the practice time we devote to creating new habits
- Linking our new habits to things we already do
- Creating an environment that facilitates building our new habits.
For example, if a goal is to get in better shape this year, we might choose to stock our pantry with healthy foods.

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