



With special guest:

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#FirecrackerSPARKdept of the Month

**Let's reach some GOALS/DREAMS for 2019!**

#reachyourGOALS



The New Year brings with it a perfect time to reflect on what's working well in our lives and to change the narrative about who we are and what we're capable of, (actually, we can do that any day of the year, but sometimes it helps to have a big event to start the reflection and change.)

The successful attainment of any goal we create is the act of changing our habits, and that my friend is no easy feat. Our brains love habit! Unfortunately, it doesn't care if it's one that serves us or harms us, it just likes taking the road we've taken so many times before.

**Here are 5 steps you can take to help you accomplish your goals this year.**

**1. KNOW YOUR WHY**

Often times we set goals for ourselves without a strong enough reason for us to accomplish them. If we don't have a strong enough sense of necessity we'll quit going after our goals when the tough times come, and they will come.

**1. VISUALIZE YOURSELF ACCOMPLISHING THE GOAL**

I know, I know this one can feel corny, but there is so much research on the benefits of visualizing and really feeling what it would feel like to accomplish your goals. Remember how I said earlier your brains love habit? If we can get it habitually thinking about accomplishing your goals it will disrupt the internal dialogue that starts with "I can't"

**1. KEEP YOUR GOALS IN FRONT OF YOU**

You can't write down your goals in January and not look at them again and assume you'll achieve them. You need to be looking at your goals daily. I know that sounds like a lot, especially if you don't plan on doing anything with your goals today. But the ol' axiom is true, out of sight, out of mind. Write them down and put them in a place you'll see them every day. You can even set a silent alarm with your goals listed as the label on your phone so you're sure to see it at the same time every day.

## 1. TRACK THE NEW HABITS

While there is much talk about creating habits in 21 days, research tells us that habits are formed anywhere between 18 - 257 days! And you know it's a habit when you do the behavior during your most stressed times, because that's when we go directly into auto pilot. There's lots of ways to track your habits, journals, check lists and apps such as Productive and Today Habit Tracker which gamify tracking habits...it always feels good to get a badge.

## 1. SHARE YOUR GOAL

You may be one of those rare individuals who can set your goals, put your head down and accomplish them with little to no fan-fare. But sharing your goals with someone builds accountability. Many of us need the pressure of not disappointing someone else (though we're more than capable of disappointing ourselves). Find someone you can check in with regularly about the progress you're making, your next steps and what you'll do to get over your hurdles.

Research shows our most satisfying days are those that we've made progress on something: a task, project or goal. In fact, motivational speaker Sean Stephenson contends that it's far more important for us to have goals that excite us and that we're making progress on than to actually accomplish them. Enjoy the journey, Firecrackers

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***Join us the last Sunday of every month on Facebook and Instagram as we have a live  
inspiring conversation with Life Coach Deanna Moffitt and talk about the  
#FirecrackerSPARKdept - See you there!***

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