

# New Year's Goal Setting Tips

A line in the sand, a good time to evaluate and the perfect opportunity to provide direction to help you accelerate in 2023! If setting personal goals is foreign to you, here are our tips for attaining your new year resolutions.

## 1. Write goals down and review them periodically

Write your goals out and have them in a place where you see them regularly, so you can review your progress and recommit consistently.

## 2. Create goals for different areas of your life

It may be first nature to think about your finances and professional career, but how about other equally important areas too? If you set one or two goals for other aspects of your life, you're bound to see a ripple effect in every area.

## 3. Set goals that are realistic and attainable

You want to make sure that any goals you set are ones you can accomplish in twelve months. So instead of setting a huge goal that involves lots of steps, work on framing your resolutions as smaller goals that can be accomplished reasonably.

## 4. Make goals that are measurable

To stick to your New Year's resolutions, you need to be able to see consistently that you're on the right track. The best way to do that is to set goals that can be measured again and again over short periods of time. Try and quantify your goals and identify deliverables.

## 5. Design goals that can be accomplished with a partner

Working with colleagues, a spouse, family or friends will help keep you motivated and hold you accountable to your goals. Plus, achieving goals as a collective can be very rewarding!

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