

NEW HORIZON MEDICAL

|DEC 2022|

Health Tip of the Month



Wrapping Up 2022



Take some time to reflect on all that has been accomplished in the past year and think about your goals for the new year.

- Too often we do not look back at where we started and appreciate how far we have come, do that today.
- Give yourself some credit, you have survived hard things!
- Everyone's experience is different so do not compare yourself to others.
- Your only competition is with who you were yesterday.
- Think about where you want to be at this time next year.
- Take it one step further, where do you want to be in five years?
- Too often we overestimate what we can accomplish in a year and underestimate what we can accomplish in five years.
- Be intentional in your planning and you will accomplish great things!

IDEAS FOR PUTTING IT INTO PRACTICE

- Set SMART goals
 - SPECIFIC
 - MEASURABLE
 - ATTAINABLE
 - RELEVANT
 - TIMED BASED
- Write them down
- Revisit your *why*
- Monitor progress
- Celebrate small wins
- Enjoy the process, it is as much about the journey as it is about the goal!