

SHARE YOUR GOALS

PARTNERS CAN HELP EACH OTHER ACHIEVE THEIR NEW YEAR'S RESOLUTIONS

WORDS: JOANNE WILSON

This article is brought to you by your New Year's resolution lover. I know, it's nearly Australia Day so while you wait for the kettle to boil, come a Waltzing Matilda with me for a minute and be assured this is my last week on this topic.

It's so valuable (according to me!) to have at least a loose plan to ensure you don't get in a rut replaying the same crackly tune on those records your folks used to jive to. This

is the crescendo folks! We are focussing on couple goal setting to make it all happen. Here's a little replay of the important keys first.

Setting a super duper goal in the first place is paramount. Realise your brain will often **default** to even one bad experience of lack of goal achievement over the multitude of times when you've succeeded.

Make goals **specific, actionable and in full view**. Make them targeted to something realistic and explicit rather than shooting for the stars.

Hand write them and state them in the positive (no negative wording such as, "I won't X any more" but more "I will X by Y").

Now visualise it on your big screen. See yourself parading around with more energy and zest wearing stripes, white or your new jumpsuit (so very 2018).

Now for the fun part of goal setting with your partner:

Respectful discussions: Have an open talk about what you're both trying to achieve, individually and together. Celebrate your

different goals! There's no point tip-toeing around topics when you're discussing your hopes, dreams, and aspirations.

Honesty is paramount. If you agree to something you feel goes against your best interests or values, it's going to come crashing down in flames later.

Speaking of which, don't shoot down ideas in the planning stage without hearing them out either. No rolling of the eyes, huffing and grunting during brainstorming and bucket list creation time. Let everyone say their piece and explain their desires.

If something doesn't mutually work for both of you, talk it through or maybe place them low on the agenda for now. Email me if you'd like a handy little chart for this part.

Neon lights: If you both keep your goals highlighted around your pad where the other will notice, it will help spur you to action. Pasting up your goals on the back of the larder door and above the kitchen sink allows your brain to view constructive images of your outcomes with clarity.

When it's in your face, watch your

motivation fire up. Once you've both agreed on your goals and collaborated on strategies, there's one other really important thing couples need to do:

Support each other: Celebrate achievements. If you've both set out to achieve some cool stuff, be they individual or mutual, you need to acknowledge and praise successes. There's nothing worse than striving for something that's been a great personal challenge only for your partner to be completely apathetic. Mutual encouragement, support, and celebration is key to both of you reaching targets and growing stronger together.

Go for it tenaciously as a united force. You'll be dancing in rhythm to a great new upbeat pulse toward success in 2018.

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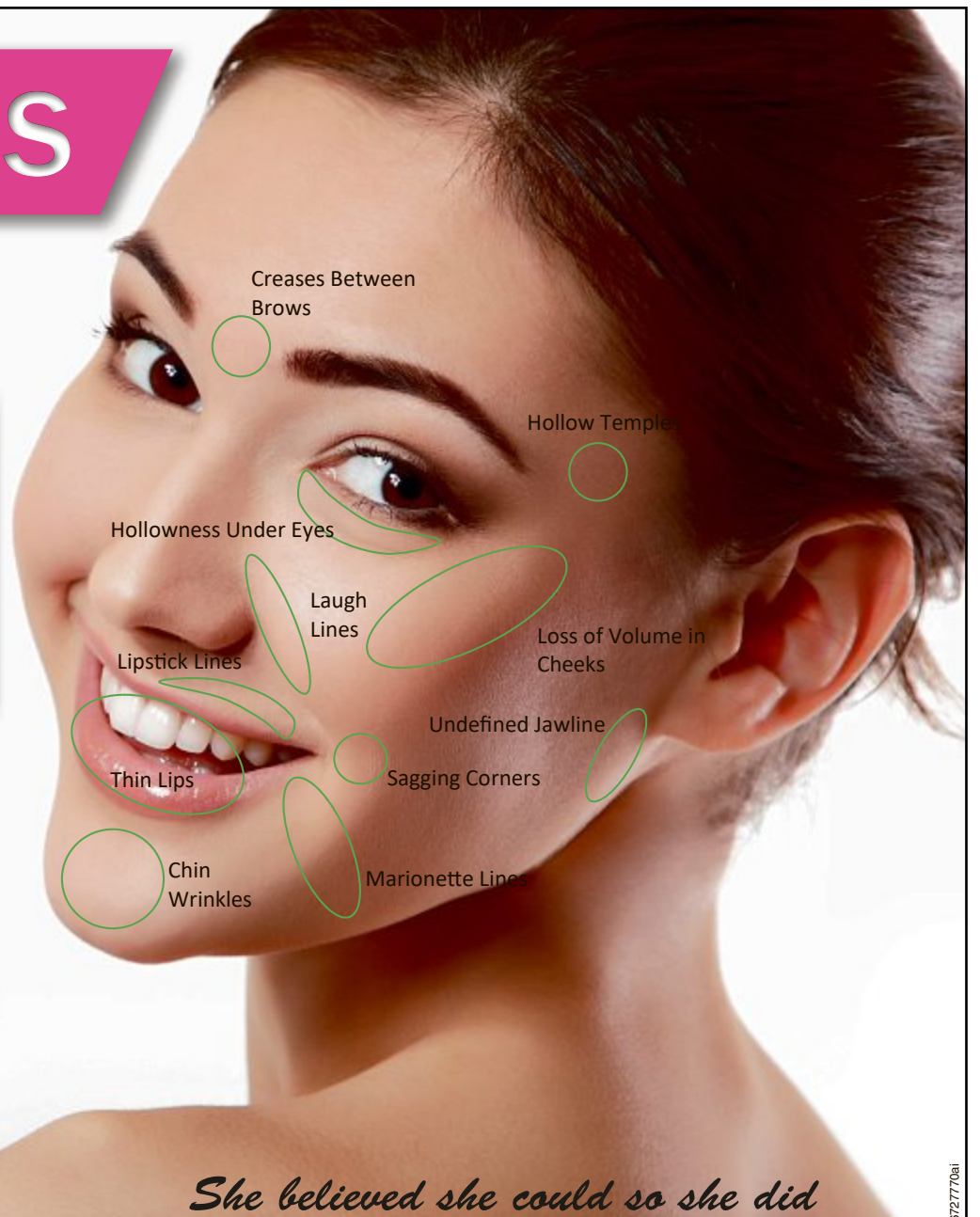
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