



WELLNEWS

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GOAL SETTING & GROWTH MINDSET

Goal Setting

We all have the power to reach our goals and dreams. Setting goals makes us more motivated and committed. The harder the goal, the more effort we put in, and the better we feel when we achieve it.

Success boosts our confidence and helps us find new ways to use our skills. Planning for the future and thinking positively about our goals makes us happier and more in control.

It takes about 2 months to form a new habit. Whether your goals are personal, academic, or career-related, setting goals can help you get what you want.

Goal Setting Helps:

- Start new habits
- Focus on what's important
- Keep moving forward

Start setting your goals today and see what you can achieve!



Resources

[The Importance, Benefits, and Value of Goal Setting](#)

[How to Set Goals](#)

[Video: Growth Mindset](#)

[Why I can do this.](#)

[Famous Failures](#)

SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward.

- S SPECIFIC**
What do you want to do or want to achieve?
Make your objectives specific and narrow. This will help you make the plans effective.
- M MEASURABLE**
When will you know when you reach it?
Define your success and provide an evaluation. Metrics and data are tools to check your progress.
- A ATTAINABLE**
Is it possible for you to reach your goal?
Make sure that your goals can be attained in a certain timeframe.
- R RELEVANT**
Does this seem worthwhile?
Your objectives should align in the curriculum and long-term values in education.
- T TIME-BOUND**
When exactly do you plan to accomplish it?
Set an end date that helps you stay focused and motivated.

11 Growth Mindset Strategies

- View challenges as opportunities.
- Prioritize learning over seeking approval.
- Focus on the process instead of the result.
- Cultivate a sense of purpose.
- Choose learning well over learning fast.
- Making mistakes does not mean you're a failure.
- Learn from the mistakes of others.
- Learn to receive constructive criticism.
- Cultivate grit (it is a perseverance and passion for long term-goals).
- Set a new goal for every milestone you achieve.
- Remember that it takes time to succeed in anything.