



**GOOD LIFE
RECOVERY**


New Year – New You

Sue Diamond, M.A.
 Founder/Director Good Life Recovery
www.goodliferecovery.ca

The History of Resolutions


The origin of making New Year's resolutions rest with the Babylonians, who reportedly made promises to the Gods in hopes they'd earn good favor in the coming year.

(They often resolved to get out of debt – sound familiar?)




New Year's Goals - Important or not?

- ❖ When done correctly, goal setting is effective and often critical to success. Goals give us direction by focusing attention on goal-relevant behavior and away from irrelevant tasks.
- ❖ Goals give our life direction.



Setting Attainable Goals

- ❖ Goals affect the intensity of our actions and our emotions. The more difficult and valued a goal is, the more we want to get behind it.
- ❖ The positive emotions that accompany it, confidence and belief in our own abilities grow.
- ❖ Goal setting involves planning for the future.
- ❖ The capacity to plan positively impacts our perceived control over our future.



The Five Principles of Successful Goal Setting



1. COMMITMENT
Attachment to goal



2. CLARITY
Specificity of goal



3. CHALLENGE
Degree of goal's difficulty



4. COMPLEXITY
Degree of goal's demands



5. FEEDBACK
Presence of progress reporting

Source: Locke & Latham, 1990



The Importance of Commitment


- ❖ Goal performance is strongest when people are committed, and even more so when said goals are difficult. (Locke & Latham, 1990).
- ❖ They put a powerful force into play on a universal, conscious, and subconscious level.

How to Commit to Your Dreams and Change Your Life – Benjamin Hardy
<https://www.youtube.com/watch?v=TCRikSCeCDk>



Setting Good Goals - Clarity


- ❖ We must believe that we both want the goal and can achieve the goal.
- ❖ To be successful, you must possess the desire and a comprehensive understanding of what is required to achieve your goal.
- ❖ When we are less committed to goals – particularly more challenging goals – we increase the likelihood of giving up.



Good Goals Involve Clarity


In other words, to live a sober life, you must know that it means to be abstinent from addictive substances and behaviours.

You must recognize and comprehend, that like so many others who were committed before you, you too can achieve this goal.




Good Goals Involve Challenging Yourself & Getting Feedback

- ❖ A multitude of studies has shown that setting challenging yet attainable goals increases the prospect of pursuing and fulfilling ambitions.
(Elaine Houston 2019)
- ❖ Social influence and feedback from a group can determine increased success.




Emotional Sobriety Goals 2023

- ❖ What would you like to have happen in your life this year?
 Regarding your physical sobriety?
 Regarding your emotional sobriety?
- ❖ What areas of growth would you like to focus on and commit to?
- ❖ What blocks or character flaws would you like to have removed?




Emotional Sobriety Goals 2023

- ❖ What would you like to change in friendship and love?
- ❖ What would you like to see happen in your family life?
- ❖ What decisions would you like to 'remake' – to align yourself more fully with your adult sober self?



Emotional Sobriety Goals 2023

- ❖ Create a power word for 2023.
- ❖ Create an affirmation – the one phrase that will remind you that you are on track and can accomplish anything you set your mind to?
- ❖ Can you reach for clarity and commitment without rigidity?
 Can you set goals to be your rudder, knowing that life's waters can get unexpectedly rough?




Your Commitment to You

❖ The new year stands before you like a chapter in a book, waiting to be written.

❖ You can help write that story by setting goals.
(The Language of Letting Go)

Remember, there is a powerful force behind and within us that propels us forward when we know who we are and what we want and are willing to be uncomfortable at times, to meet the challenge.



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