




Clarifying Goals for the New Year

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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 in sobriety direction.



Setting Attainable Goals

- ❖ Goals affect the intensity of our actions and our emotions.
- ❖ The positive emotions that accompany goal setting = 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.





Clear Goals – Our Foundation

- 1. A Better Life**
 - addressing our slips – physically, emotionally, spiritually
- 2. A Brighter Future**
 - cultivating hope and living our future selves
- 3. Forward Focus**
 - no dwelling on the past, mistakes, harms done
- 4. Finding the Power**
 - admitting we have lost the ability to control our DOC
- 5. Committing to the Work**
 - recognizing that what we put in is what we get back; not resting on our laurels

GOOD LIFE RECOVERY

The Importance of Commitment

- ❖ I believe that when it comes to success in life, it is 'commitment', not talent, that decides outcome.
- ❖ If we don't ever give up on ourselves then we will eventually cross the finish line into a beautiful physically and emotionally sober life.
- ❖ Committing to this puts a powerful force into play on a universal, conscious, ad subconscious level.


How to Commit to Your Dreams and Change Your Life – Benjamin Hardy

<https://www.youtube.com/watch?v=TCRIkSCeCDk>

GOOD LIFE RECOVERY


Setting Good Goals - Clarity

- ❖ We must believe that we both want the goal and can achieve the goal.
- ❖ You must both possess the desire and have a comprehensive understanding of what is required to achieve your goal – (walk away from the drink; avoid slippery places).
- ❖ When we are less committed to goals – particularly more challenging goals – we increase the likelihood of giving up on ourselves.



Setting Good Goals - Clarity

- ❖ In other words, to live a sober life, you must know that it means accepting that if you have crossed the line in addiction, you will have ongoing challenges attempting to set goals which try to allow you to control and enjoy the amount.
- ❖ This includes emotionally sober goals too – reigning in out-of-control feelings and behaviours.
- ❖ Getting clarity about what your stumbling blocks are, and being open to discussing them with others, will help you see where you are stuck.



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.
- ❖ You undermine yourself if you say, ^(Elaine Houston 2019) "I can't do this. I can't live without.....drugs, alcohol, gambling, porn, gaming....etc.
- ❖ Social influence and feedback from a group can increased your success.




Clearing Away the Wreckage

❖ What old ideas and behaviors would you like to leave behind in 2023. Take a minute and review the year and ask yourself honestly, what am I ready and willing to say good-bye to:

- self-doubt
- relapsing
- self hatred
- loneliness
- workaholism
- financial insecurity
- inconsiderate of others

- grandiosity
- losing my temper
- fear of being known
- isolating from good people
- laziness
- reckless spending
- sexually acting out



Sobriety Goals 2024


Note down your successes from 2023 that you can build on or at least give yourself credit for.

❖ you are in this course; you are facing your addiction; you are growing emotionally, - make a list of the good things, no matter how small you think they are.

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 build on and commit to?




Emotional Sobriety Goals 2024

❖ 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 revisit and change – to align yourself more fully with your future self.



Emotional Sobriety Goals 2024

- ❖ Create a power word for 2024.
- ❖ 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 let your 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 positive, attainable goals.

(The Language of Letting Go)

- ❖ Healthy goals = new healthy habits.



Your Commitment to You

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.

- ❖ Your daily sobriety routine – reading recovery/spiritual literature, doing prayer/meditation is how you turn your life and will over to this Power that loves you and wants the best for you.

