



**GOOD LIFE  
RECOVERY**

**New Year – New You**

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**New Year's Goals - Important or not?**

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



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**Letting Go of the Past**

Before setting our intentions for the new year, I would like you to take some time now to write down some of the events or times over 2024 that were the most challenging (just a headline or two).

- ❖ See if you can write down some lesson, opportunity, insight gained or positivity that you can take from it.
- ❖ Thank each and every one and/or situation for this.
- ❖ Let's use visualization and intention to let them go.



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### Setting Good Goals - Clarity

- ❖ For our new goals to be effective, 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.




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### Good Goals Involve Clarity

- ❖ In other words, to live a sober life, you must accept that it means being abstinent from addictive substances and behaviours.
- ❖ You must know, that like countless others who were committed before you, you too can achieve this goal if you put your whole heart and mind to it.
- ❖ You also come to accept it involves more than just 'stopping'. We must look at the underlying conditions/emotions driving our addictive functioning ...and heal.




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### Emotional Sobriety Goals 2025

- ❖ 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?




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### Emotional Sobriety Goals 2025

- ❖ What would you like to change about your relationship with yourself?
- ❖ What would you like to see happen in your family life and with friends?
- ❖ What decisions would you like to reconsider – in order to align yourself more fully with your adult sober self?



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### 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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