

Non 12 Step Resources!

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**Thank you for Downloading
your copy of
“Setting Goals”
1 in the “Doing Stuff” series !**

We all know about setting goals, and most of us have made at least half hearted attempts over the years, if only as New Year’s resolutions, weight loss attempts, or stopping smoking, drinking, or erasing some other bad habit. Usually, though, that’s as far as it ever went and the goals were soon forgotten or only crossed our minds with a dose of guilt.

But if you will take these exercises seriously, spend a little time and thought, and are honest about what you really want, you can change your life. Finally, you will know what you really want and how to get it.

Perhaps for the first time in your life your priorities will change and so will your life. Some of us, in addition to eradicating alcohol abuse, have moved, changed careers, or began managing our lives instead of drifting aimlessly and sometimes disastrously.

For others, the changes have been less dramatic but no less significant. We've spent more time with our families; gotten out of debt; gone back to school; or saved our marriages.

The reality is that once you know what you really want, you can and will find a way to get it. Your brain is a very powerful tool and you can trust it to find a way **ONCE YOU ARE CLEAR!**

Most of us live in a sea of confusion: new car or savings? Career or time off? Time with our spouse? Or Friends? Or alone? Unable to decide, we drink until we don't have any choices left. We lose everything by "deciding not to decide," by not "doing stuff" that moves us towards our goals.

That can change. You can do the following exercises in total privacy. You can put as much, or as little, effort into it as you wish. You can be as honest or dishonest as you want and you will be the only one to know. You will get out of it what you put in. It's your choice!

On the next page are a few suggestions for getting the most out of this resource...

Need help? Call us at 888-541-6350

1. Print this file and look over the questions. Begin thinking about them. They aren't hard.

2. Don't start writing! Give things a couple of days to rattle around in your head. For the moment, procrastination is good. Mull over your possible answers and let your thoughts settle.

3. Schedule a quiet hour or so, in a comfortable spot. You'll want time, and peace and quiet. There's no rush. If you don't finish, it doesn't matter. Return to the questions when you have time and you can concentrate. After you've finished, consider your answers. Look for patterns, and themes. See what's been on your internal "list" forever. What calls out to you?

4. Keep the papers and look them over in a few days. Add or cross off items, or change the wording, until you are satisfied that the list accurately reflects your goals, dreams and desires.

5. When you're ready, share the results with someone you trust and ask for feedback and understanding.

6. Next, write out the steps to achieving each goal. Decide what you can do now to move towards your goals.

7. Schedule and do the things you can do! This is the "doing stuff" portion. While you probably can't make progress towards every goal today, you can make progress towards one or more of your goals. Remember, "progress is progress!"

8. Review your goals every few weeks and adjust them as you wish – it's your life!

Finally, call and let us help with any sticking points, questions, or thoughts.

We're glad to help! 888-541-6350

Part 1: Your Health

It's hard to accomplish a lot if your health is a major concern. So, how could your physical health be enhanced? What concerns do you have that need to be addressed? What could you stop doing, and start doing? How would you like to look and feel? What will help you feel fully alive?

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15. _____

Part 2: Your Space

Describe your perfect home or personal space. House? Condo? RV? Big? Small? Is it home and office? Is it shared? Where is it? Who else, if anyone, lives there? Dog? Cat? Stretch your imagination and describe your perfect home and work situation.

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Part 3: Your Work and Professional Development

List the things that would make up your perfect work and professional life. What kind of work? Income? Stress levels? Personal satisfaction? Other rewards? Where do you want to be in five to ten years? Again, think big!

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Part 4: Your Social and Personal Relationships

What would your ideal intimate relationship look like? What about family, and community relationships? Organization you want to be involved with? How many friends and acquaintances? Who or what do you want less of in your life? Be specific!

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Part 5: Spirituality and Creativity

What experiences, activities, and practices would you like to have in your life? What changes will enhance your emotional, psychological, and spiritual well-being? What creative activities do you want to engage in and develop? What will help you to feel fully and completely alive?

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Part 6: Visualizing Yourself and Your Life

Now that you've considered parts of your ideal life, and you've visualized your ideal self, we want you to remember that we do tend to become what we expect, unconsciously or consciously. Expect failure and you will create it; expect success and you will find yourself moving towards that.

Perhaps you have been carrying around a depressing, negative, defeatist, hopeless, picture of yourself and your life. It's time to change the picture - even if your current one is fairly accurate - adjust the focus, and become someone capable and confident.

You need a new picture and written goals with concrete and realistic activity systems for achieving them. Your job is to create the portrait of yourself, then to list the manageable steps that will lead to achieving those goals.

Please take as much time as you want, use your lists, and on the following lines sketch out at least a rough draft of your ideal self and life a year from now. There are no rules and fantasy is allowed.

Now What?

You've developed a clear picture of what you would like your life to look like. You know what you want! Maybe for the first time ever. It's a major accomplishment because when we are clear, our brain is very good at achieving what we want, if we let it! Remember – alcohol abuse is a really, really good way to NOT do stuff – to NOT achieve the life we actually want and deserve!

Returning to "Now What?" Achieving goals means breaking them down into actions, however large or small doesn't really matter. What matters is taking action. On the following lines, list five things you will do that will move you towards your goals. These can be very small – schedule an appointment; drive by a gym; call an old friend; - but they will begin to create the habit of making progress.

Over the next 24 hours, I will:

1. _____
2. _____
3. _____
4. _____
5. _____

Do you need help? Give us a call at 888-541-6350.

The next step is to build on your actions. Nothing much is accomplished in a day and that includes creating the life you want and deserve. It's a process of accumulating small consistent steps. It takes determination and a willingness to ignore all of the people who will attempt to discourage you and get you to build the life they want, but you'll soon learn to ignore them.

Just as you listed five things to do over the next day, now list five more to accomplish over the next week:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

And the next 30 days:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

It's really just a matter of continuing the process. True, there are no magic bullets, or wands, or fast fixes, but there is the reality of accumulating small changes which add up to big ones. Bank of America's "Keep the Change" saving plan has resulted in participants amassing over a billion dollars in savings – all with individual deposits of less than \$1 each!!!

With that in mind, where do you want to be in a year with your various goals?

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Now you have created a map. You know the destination and you've started planning the route and you've taken the first steps.

Need help? That's what we're here for. Now that you can see how it can happen for you, we're here and ready to work with you to remove the roadblocks and help with the details.

It is, after all, your life. The only one you'll have. Don't lose it, or miss out on it, because you're stuck in the bottom of a bottle.

Live your life! Let us help. Call us today at 888-541-6350

Mary Ellen Barnes, Ph.D.

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