

January 2024

# Insightful Pathways: Navigating Recovery Together



## Goals vs. Resolutions: Understanding the Difference

The new year brings an opportunity for reflection and growth in the upcoming year. However, there is a difference between resolutions and goals. While it's wonderful to have resolutions, let's not forget about the importance of a goal and how incorporating both into your life can contribute to a more comprehensive and achievable approach.

Resolutions are a self-commitment to change. They are often broad statements or intentions to do or not do something. Resolutions can lack specificity and may not include a clear plan of action. However, they are more flexible and reflect a long-term mindset, encompassing the entire year without specific deadlines.

Goals are more rigid and structured, typically involving a step-by-step plan. They provide a roadmap for achievement. Goals typically follow the criteria for a SMART goal meaning they are specific, measurable, achievable, relevant, and time-bound objectives that you aim to achieve. By using the SMART criteria, goals provide a clear target and direction that includes a timeline for accomplishment and measurements for greater tracking of progress toward the goal.

Page 02

Let's look at this example to show the difference between a resolution and a goal:

Resolution: Resolve to be healthier this coming year.

Recovery Month Event

Goal: Lose 10 pounds in three months by exercising three times a week and following a balanced diet.

Both resolutions and goals have value, however, integrating them can allow for a holistic and adaptable approach to personal and professional development. To do this, begin with a resolution and use it as a guide. Next break down resolutions into specific, achievable goals. If the resolution is about health, set goals for exercise routines, nutrition, and mental well-being. Remember to make goals SMART (Specific, Measurable, Achievable, Relevant, Time-bound) for clarity and effectiveness. It's important to regularly review your progress to assess if a goal isn't working. If not, be willing to adjust or set new goals that align with your resolutions. Always celebrate milestones and achievements along the way, if we recognize progress it helps to reinforce the path and the change.

Both goals and resolutions contribute to continual growth and change. While resolutions provide overarching themes and intentions, goals offer the specificity and structure needed for effective implementation. Together, they create a powerful framework for growth and achievement.

How can we help you with your New Year's goals? Give us a call on 703-214-9499.