

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: PRACTICE GOAL-SETTING!



Do your goals seem out of reach? Do you have difficulty seeing your goals? Take the time to practice goal-setting strategies!

"Sometimes we have to do the work even though we don't yet see a glimmer on the horizon that it's actually going to be possible."- Angela Y. Davis

Work towards your goals even if they seem far away or even impossible to attain. It is important during this time to remember why our goals are important. This includes remembering who our goals will help and the implications of our goals. If your goal is to donate money towards good causes but you are short on money currently, then it can be important to remember that you can donate with some of your time and make goals to still donate money to good causes in the future. You can have small goals that lead to bigger goals and goal-setting through plans that can help you feel more equipped to eventually get to your future goals. Remember to feel empowered and rewarded by your actions towards your goals and your completion of goals!

Practice Compassion Today:



1. WRITE DOWN YOUR BIG GOAL.
2. THINK ABOUT WHY YOUR BIG GOAL IS IMPORTANT TO YOU AND TO OTHERS.
3. WRITE DOWN WHY YOUR BIG GOAL IS IMPORTANT TO YOU AND TO OTHERS AS A VISUAL REMINDER.
4. THINK OF DIFFERENT SMALLER GOALS THAT CAN LEAD YOU TO YOUR BIG GOAL. THIS HELPS YOU SEE WHEN YOU FEEL BARRIERS TO YOUR BIG GOAL TO SEE IT AS 'POSSIBLE'.
5. MAKE PLANS FOR YOUR SMALL GOALS AND HOW THEY WILL CONNECT TO YOUR BIG GOAL. THINK ABOUT WAYS TO PLAN THAT WILL WORK BEST FOR YOU, SUCH AS USING A MONTHLY CALENDAR OR BULLET JOURNAL.



Parent Practice Tip:

Show your child(ren) some small tasks they can do that will help them eventually get to bigger goals, such as helping you take care of a plant in a pot to eventually plant it in your garden. Show them that small goals can help them achieve bigger goals over time!

To Learn More:

What is Compassion?

Importance of Self Management

www.ChooseLoveToThrive.org