



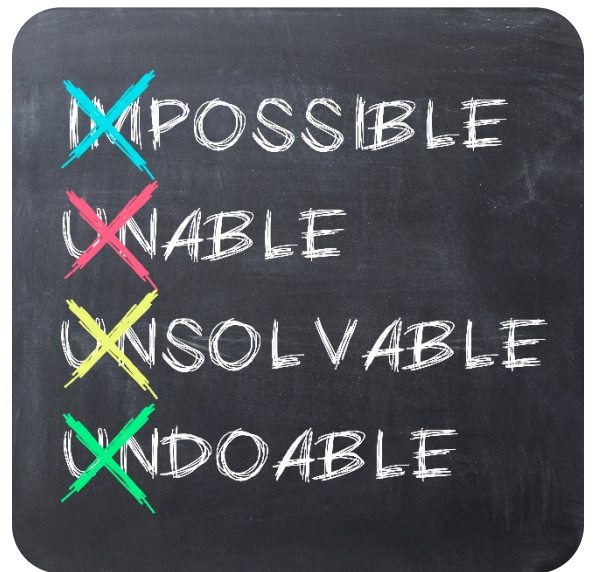
R.E.A.L. GoalSM: Increase Positive Beliefs & Self-Talk

(Realistic, Easy, Attainable, Life Goals)

Example: I will practice putting a stop to limiting my beliefs and negative self-talk by changing them to positive thoughts.

The benefits:

- Our thoughts have a direct influence on what we feel, how we act and can inhibit our full potential.
 - People who have more positive thoughts about themselves tend to be happier and live more fulfilled lives.
- If you believe I don't have what it takes to succeed, you will not succeed.
 - To make a change, you have to first commit to making change. Goal setting is the first step in turning the invisible into the visible. Take a moment to map out what you want. Make sure they are specific, measurable, achievable, and realistic, and anchored within a time frame.
- If you believe you can't do something, you won't.
 - Life requires progress, so keep learning. To grow and find fulfillment you must stop being stagnant; when you believe that you can, your opportunities are limitless.
- If you believe you don't have time for something, you won't try to make the time.
 - Twenty-six percent of people think they don't have enough time to make lifestyle changes. How do other people capture every moment? It's because some make the activity a **MUST** instead of a **SHOULD**. Turn your **SHOULD**S into **MUST**S. This can start by tracking how you spend your time. This will help you prioritize and schedule your activities accordingly.



- Reframe negative thoughts with a playful positive mindset and challenge the belief.
 - Instead of “I have to” reframe your thought to “I get to”
 - Instead of “I don’t want to” reframe your thought to “I wonder how I’ll be surprised”
 - Instead of “I’m stressed”, reframe your thought to “Fortunately I’m...”
- When you’re feeling bad, label it. Labeling a specific emotion can help support you and identify an action plan to develop a positive affirmation.
 - Practice self-compassion, identify the lesson when things don’t go as planned, and remind yourself you gave it your best.
 - When you are stuck on a limited belief focus on what is true; I am healthy, my friends or family love me, I have a job.
 - How do you feel after you say these things? Reinforce how good it is to stay present.
- Celebrate the wins in life.
 - Acknowledge everything you are doing, amplify your success and achievements despite a hard situation.
 - Small wins can be simple things like taking a walk, calling a friend, waking up early.
 - Identify positivity in your life, including social groups, and spend more time focusing on these relationships.

Check out these links to learn more:

- Search “Negative Self-Talk” WebMD for more information.
- Search Elizabeth Cox Ted Talk on Imposter Syndrome

To choose another goal, go to: [wellfirsthealth.com/realgoals](https://www.wellfirsthealth.com/realgoals)

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