teams@work.

EVERYDAY IS BRING YOURSELF TO WORK DAY!

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INVEST IN YOU THIS YEAR!

MY YEAR OF SAYING YES TO EVERYTHING

GOAL TRACKING APPS TO HELP YOU REACH YOUR GOALS

habitica

Strides

Way of Life

GoalsOnTrack

Old habits die hard.

You've probably heard this saying before.

Since the start of our newest year, 2022, I'm sure you have seen loads on your social feeds of new goals being set, and word-of-the-year posts. We all know it's a new year, but that doesn't mean our old habits do.

It's easy to get caught up in the excitement and thrill of resolutions, but we often find ourselves back to where we started in little to no time. Old habits come creeping back, and we fall into the same routines.

So how do you flip the script?

Start tiny, then tweak.
There's no rule that says you have to go big or go home. Be honest with yourself, and set goals that are small steps you will actually take. But remember, just because it's a goal, doesn't mean it's set in stone. It's okay to reevaluate and adjust along the way.

Fill in the blank: This year, I want to learn _____.
If your goal involves career advancement or a promotion, then you'll probably need to pick up some new skills or hone current ones along the way. Develop a strategy and plan of action to keep learning on your radar so you're prepared for what's next. Bonus if you also fill in the blank with a personal goal for learning as well.

Tell the world (or not).
If we aren't held responsible for the things we say we're going to do (for example, I'm going to learn a new language), we most likely get off track or derailed completely. One way to hold yourself accountable is to publicly commit to what you're working toward. You can share your goals on social media or better yet, share them with people who matter to you. For some, being open increases odds of achieving a goal. Other research suggests keeping goals private to protect against a false sense of completion, and to focus on "just doing it" instead.

Phone a friend.
Tried all the tips and still struggling to check the box? Ask for help! Reach out to a friend or co-worker who has been in your shoes and pick their brain, head to LinkedIn and look for resources, or get a coach. Tapping into the tips or knowledge that someone else can share with you is like adding fuel to your engine...it gets you there faster.

Adapted and reprinted with permission from manager development expert, Cecilia Gorman (**ceciliagorman.com**)

TCU HUMAN resources

Questions?
Reach out to us:
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