CIGNA Behavioral Health

Defining Your Goals

You probably know someone who has a long list of New Year's resolutions in January and by February has given up on all of them. By picking and choosing the most important goals out of all the things you'd like to do in a given period of time, you avoid getting so bogged down in goals that you can't accomplish any of them. To help you select the right goals to focus on, jot down a list of everything you can think of that you would like to accomplish in your life. Include both long-term or lifetime goals and short-term goals such as cleaning out the hall closet. Remember, goals can be professional, personal, financial, social, educational or spiritual. Check off the box that most realistically reflects a completion period. Check what you consider to be your three most important goals.

GOALS	SHORT TERM	THIS YEAR	NEXT YEAR	WITHIN 5 YEARS	WITHIN LIFETIME

Now look through the list. Do these goals truly reflect your needs and values, rather than those of your loved ones or lofty ideals you read about or heard about on television? The art of goal setting involves choosing and focusing on those goals that are most important to you and your life.

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