Turn Your Dreams Into Goals

Yes, you can dream; however, it is also possible to make those dreams a reality. Dreams turned into goals are not going to make you suddenly rich or increase your productivity beyond measure. They can help you figure out what you want out of life, and give you a road map toward your destination. Dreams turned into goals will require perseverance. It is so easy to set goals, especially lofty ones. However, history shows that such goals are often abandoned after a short time. Why? Unless your goals are broken down into small parts, it is easy to become overwhelmed and just give up. By viewing setbacks as opportunities to learn and adjust and by challenging fear of failure, it is easier to keep a “hopeful” vs “all is lost” attitude with difficulties. One proven way to accomplish reaching your goals is to make them SMART.

1. Be specific or address a significant thing.
2. Be certain the goal is measurable or meaningful.
3. Determine that it is attainable or action-oriented.
4. Make it relevant or reasonable.
5. Finally be sure it is timely.

Looking at the examples for your dreams, it is quite evident dreams that can turn to goals are not exclusive to one area of your life. Make a chart. Use headings such as: Personal; Family; Employment; and/or Recreational. Write down some goals in several categories. Writing them down helps make them expectations. Once you have written them down, let someone else know what you are planning. This will aid you in being accountable for their completion.

Now, set some daily tasks that will help you achieve your goals. Write them down. In that way, you might include some intermediate goals. (If you only focus on the final goal, it can become overwhelming; therefore, working toward specific small achievements, you are more likely to reach the end goal without giving up.)

Work diligently. As you complete each step toward the goal—you should treat yourself. This can be a tangible thing such as a sign for your refrigerator, or it can be something like a mini celebration with the persons who are acting as your accountability partners. When you have done this. Set another timeline for the next step.

Remember, there can be setbacks. Things happen. Avoid becoming discouraged. Take stock, and redirect your energy to identify both what you have accomplished and where you want to go next. We learn from setbacks and errors—utilize them for continued growth.

Once you have fully attained your goal, it is time for an all out “party” of sorts. Celebrate the promotion. Buy that car or find the house of your dreams. You earned it.

This space is reserved to put a picture of goal setting in. Once the articles are approved by Maureen, such a picture can be placed.

*It is not because things are difficult, that we do not dare; it is because we do not dare that things are difficult.*

Seneca
Stress Busters Work!!!!

Stress is a fact of life, and it shows itself in children as well as in adults. Both positive and negative events trigger anxiety. Anticipation of upcoming activities, current events, and past situations all are possible anxiety experiences.

*Control your anger.* Practice letting go when you find yourself becoming angry or annoyed at a situation. Anger requires excess energy. When you let it go, you are better able to see the situation more clearly.

*Breathe.* Utilize breathing exercises. Take a long deep breath in through your nose and let it out slowly through your mouth. Take three of these deep breaths, and then refocus yourself. If you have a few minutes, extend the breathing time.

*Slow yourself down.* If you become overwhelmed, try speaking more slowly and distinctly than usual. This will help you appear less anxious, and that will help you be less anxious.

*Complete an easy task.* Get away from the situation if at all possible. Do something else for a short period of time – preferably something far removed from the stressful situation.

*Get some fresh air.* Surprisingly, a few gulps of fresh air can rejuvenate the thinking process and allow for a calming of the senses.

*Don’t become dehydrated or overly hungry.* Drink a lot of water (slowly) and keep healthy snacks available to relieve the gnawing stomach feeling.

*Watch your posture.* Stand or sit erectly. Avoid slouching. Good posture allows you to breathe more naturally, and it helps decrease possible aches and pains.

*Take time to recharge.* Give yourself a break. Plan an outing for yourself. It need not be a fanciful or expensive venture, but it should be a welcome break.

Stress is a part of life, both good and bad. Undue stress can be managed. By practicing these little ways of adjusting to situations, you will find yourself more able to cope with the day-to-day as well as the unusual situational stress.

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