



As we welcome in the new year, many of us start off on an eager note with inspirational resolutions or goals that set the tone for the next 365 days. I would like to discuss the creation of SMART goals as well as the usage of a vision board to help keep you motivated in 2024!

SMART is the acronym used for creating goals that are Specific, Measurable, Achievable, Relevant, and Time-Bound. Resolutions that use these five characteristics help to create goals that are clear, attainable, and meaningful – which can help you sustain the motivation needed to be successful.

A practical approach to meeting your goals.

Whether your goal is creating and instituting boundaries with your loved ones or saving money for that dream trip, you can use these guidelines to help you to feel more capable of achieving what you desire.

Here is how it works:

Specific refers to a goal that can answer the five W's. What do I want to accomplish? Why is it important to me? Who is involved? Where is it located? Which resources or limits are involved that I need to be aware of?

Measurable enables you to be able to track your progress toward your goal, while helping you stay motivated.

Achievable allows you to contemplate how much a goal will stretch your current abilities while remaining possible. (Be sure not to set any goal that someone else has power over.)

Relevant ensures that the goal is important to you and aligns with your other goals or your vision of the future. A relevant goal can answer “yes” to these questions: Is it worthwhile? Is the timing right?

Time-Bound helps you to prevent everyday tasks from getting in the way of your longer-term goals. What can I do today? What can I do next week? Next month? When will my goal be reached?

Visualizing your dreams for the future.

Once you have considered the SMART goals you would like to achieve in 2024, you may want to create a vision board that can help you envision the future you hope to have once you achieve your specific goals. A visual representation of your goals and aspirations can be a major source of inspiration and motivation since it is highly personalized. Vision boards have a variety of other benefits, such as:

- Increasing self-awareness
- Recognizing your values and self-limiting beliefs
- Identifying common themes which may be evident in your daily life or your vision of the future.

Vision boards can also help you clarify your goals. By continuously seeing reminders of your hopes and dreams, you may become more aware of the things that are most important to you. This tool helps you to be more focused in your everyday life. You will be more receptive to stepping out of your comfort zone on your way toward achieving something new and wonderful.

How to make your own vision board.

A vision board can also be more helpful than a traditional written list because our brains inherently assign higher values to visual imagery than any other type of stimuli. It can also be a valuable means of stress relief to create a board that is full of visual images, quotes, etc. – to represent what is truly special and meaningful to you!

There are three main types of vision boards:

1. **The goal board**, which focuses on a clear and specific goal or group of goals.
2. **The theme board**, which focuses on a theme you would like to bring to fruition.
3. **The reflection board**, which can provide a source of inspiration while uplifting your mood.

To create a vision board, you can use a piece of cardboard, cork board, or poster board. Vision boards often resemble collages of photos, quotes, magazine/newspaper clippings, and visual representations that are meaningful to you and the goals you wish to accomplish.

While creating your board, you may want to consider:

- What are my values?
- How do I envision my future?
- What would I like to do more of?
- What would I like to accomplish?

Make the new year everything you want it to be.

As a family member or loved one of someone struggling with a substance use disorder, we often neglect our own well-being to care for our person. The personal goals that I plan to work on in the new year include prioritizing self-care, instituting stronger boundaries around my loved one (and sticking to these boundaries), and completing my education to make my visions a reality. I hope you will join me in setting mindful and intentional goals to help 2024 be all you want it to be.

I wish each of you and your families a happy, healthy, and positive new year! If you have any questions or would like more information on setting up an in-person meeting with me, please feel free to contact me at 959.229.4001 or Alicia.Peterson@mccallbhn.org.



McCall's Family Recovery Coach Program is grant funded and provided at no-cost to all participants.

For more information contact:

Alicia Peterson, RSS
Family Recovery Coach

Phone: 959.229.4001
alicia.peterson@mccallbhn.org

Resources

McCall Behavioral Health Network
860.496.2100
mccallbhn.org

McCall's Recovering Together Group
Meets every Wednesday,
5:30PM via Zoom.
For more info, email:
leann.mitchell@mccallbhn.org

NAMI CT, Waterbury
Paul Brainerd
860.882.8674 or 860.310.4055
pbrainerd@namict.org

Sound Community Services
New London
Amy Faenza
860.439.6443
amy.faenza@soundct.org

Clifford Beers Clinic
New Haven
Christine Montgomery
203.915.4074
cmontgomery@cliffordbeers.org

Community Renewal Team
Hartford and Middletown
Casie DeRosier
860.549.3350
derosier@crtct.org

TriCircle, Hope and Support Groups
Hope After Loss Groups
Ana Gopoiian
860.349.7074
ana@tricycle.or