

Happy New Year

Start the New Year off right! 2025 is on the way!

The start of a new year often brings a fresh perspective, newfound inspiration, and a long list of resolutions. However, few strategize how to feasibly achieve their goals. Start the new year off right at work by creating practical and achievable objectives designed to help accelerate your career and open up new opportunities for growth.

If you want to make this your most successful year yet, follow these tips for a prosperous new year.

1. Set Reasonable, Measurable Goals

Setting goals that you can reasonably meet by the end of the year can make you feel more fulfilled and help you achieve greater success in your professional life. Goals can be either short-term or long-term that you aim to achieve within a specified amount of time, such as a week, month, or year.

One strategy commonly used in goal setting is the SMART goal method:

(S) Specific – Make goals as specific as possible

(M) Measurable – Establish metrics for measuring the progress of goals

(A) Attainable – Ensure that goals are reached in a certain timeframe

(R) Relevant – Goals should align with your values

(T) Time-based – Set realistic, ambitious end dates for motivation

2. Create a Plan

It can be difficult to get started on your journey toward professional success without a plan in place. Create a plan that outlines all of the steps required to meet your target goal.

For example, if one of your goals is to complete a major project, break down the project into specific milestones and assign individual activities to certain people or departments. A plan should spell out all tasks, deliverables, funding, milestones, resources, and other relevant information.

3. Talk About Your Goals

While thinking about what goals you'd like to achieve is a good start, talking about them out loud can get you more motivated to take action. In a phenomenon known as the "feedback hypothesis," Gary Lupton from the University of Wisconsin-Madison reveals that talking to yourself out loud can actually motivate you to move forward with your goals, combat self-criticism, and help keep you focused on the task at hand. While this can be applied to everyday tasks, it is also useful for long-term goal-setting in the workplace.

4. Set Aside Time for Your Goals

Day-to-day work commitments can often get in the way of people achieving their goals. Many people make the excuse that they "don't have time" or that working towards goals would force them to sacrifice in other areas. In reality, most people have enough time during the day that they could dedicate to achieving their goals.

For example, you could go to bed a little earlier at night and get up earlier in the morning and use this quiet time to work. If you're a night owl, consider staying up a half hour later at night. Instead of wasting time going out for lunch each afternoon, pack your lunch and use the extra time to work towards your goals.

5. Strategize How to Get New Skills

Developing new skills can help you work more effectively and achieve your goals faster than you thought possible. There are many things you can do to develop your skills, such as taking an online course or seeking out a mentor who can help you overcome some of the challenges you face. Study everything there is to know about the topic and accept new challenges that could help your skill level grow.

6. Create a Calendar

Consider making a calendar that acts as a sort-of to-do list that helps you remember all that you must do in the year. Write down things like conference dates, events that you need to attend, and important milestones that you want to achieve. When you set goals, consider attaching each milestone to a time limit written on the calendar to help keep you motivated.

7. Document Your Successes

Most people rarely tally up their accomplishments at work but this practice can be more beneficial than you think. Just like an inspirational book, documenting your successes can provide you with encouragement to continue working towards your goals. In addition, sharing your successes can be advantageous when seeking support for a new project or initiative or when trying to impress attendees at networking events.

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