



U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation



April 2015

Benefits of Goal Setting



“A Goal is a Dream with a Deadline”– Napoleon Hill

The Benefits of Goal Setting

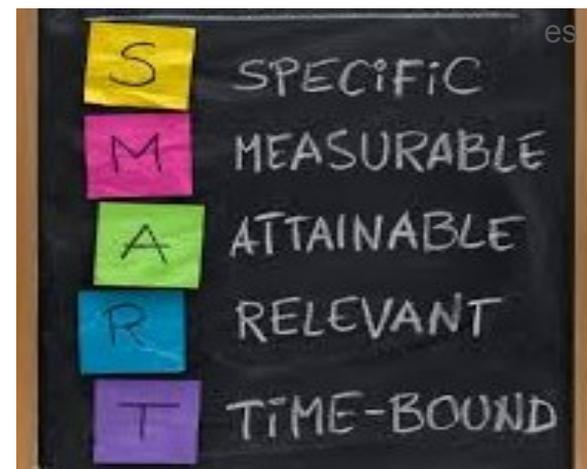
Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality.

- **Find a Focus** - Everyday we are bombarded with opportunities, choices, decisions, etc. Goals will help you focus on what you want so that you can filter out everything else that will throw you off course.
- **Take Action** - Once you write down your goal and create a plan, you are motivated to put it into action. Reviewing your goals regularly will help you reconnect with your motivation so that you can stay on track to achieve success.
- **Deal Better with Setbacks** - When you have a specific goal, you are more likely to see a setback as a challenge to overcome rather than an unachievable or impossible obstacle. You will keep moving forward and get back on track.
- **Feel a Sense of Accomplishment** - The surge of energy that you feel when you complete your goal is unlike anything in the world. All of the hard work and sacrifices you made along the way will make your success much sweeter. Achieving your goals boosts confidence in yourself and your abilities and may make you happier.

Goal Setting

Improve your chances of achieving your goals this year with these helpful tips:

1. **Get S.M.A.R.T.** That is, set goals that are **S**pecific and written, **M**easurable, **A**chievable, **R**ealistic in time and skill, and **T**ime-based.
2. **Find an Accountability Partner:** An accountability partner is someone who will make sure that you complete the activities required to achieve your goal, whether it is checking in with you once a day asking about your progress or providing encouragement when you need it the most.
3. **Have a “Why”:** Having a reason to achieve your goals will keep you motivated, especially when you are tempted to give up.



Source: 2015 Buffini & Company, RMMK January MF5

SETTING EXERCISE GOALS HAS ITS BENEFITS: [EXERCISE GOALS](#)

REVIEW PAGES 4, 5, & 6 FOR YOUR GENDER AND AGE APFT STANDARDS:

[Physical Fitness Standards](#)

The road to promotion is always under construction.

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