

While the beginning of the year is often a time to set goals and resolutions for the year ahead, for many the pressure of this approach is too much so they avoid it all together. One different approach to setting goals is to do it with mindfulness as the foundation. What does this mean? Check out these tips below for approaching your goals with mindfulness:

**Before you commit, sit with it:** It's easy to make a list of things you'd like to change about yourself, your career, your personal life and your health. But it's easy to be swayed by the influence of others as well as feelings of insecurity and shaky self-worth. Goals set with someone else's agenda as the catalyst are usually bound to fail. Make a list and take some time to just sit with the goals before agreeing to commit to them. See if, after a few days, they still ring true to you.

**Give your goals the happiness check:** Along with being sure that your goals are not driven by someone else's intentions for you, be sure that your goals have a good chance of increasing your happiness. If you'd like to make more money, do you think that the added work you'd need to do or the job change you'd need to make will affect your overall sense of contentment with your life? If you feel pressured to lose weight but really feel, deep inside, that you're happy with your body as it is, why do it?

**Have compassion when you fall off the wagon:** There will be times that we lose track and slip up on the path to positive change. Rather than beating yourself up, focus on tomorrow as a chance to begin again. Remember the red light rule: If you accidentally go through one red light, you don't need to go through the next one. No blame – just gentle self-correction.

**Birds of a feather flock together.** One of the best ways to make meaningful change is to spend time with people who are already where you want to be. If you'd like to make yoga part of your life, join a yoga studio with a vibrant community. If regular meditation is your new goal, join a Mindfulness Center. If you'd like to run a marathon, join a running club. Being around people who share your goals will keep your motivation high and are great resources for the times you are struggling to stay on track.

**Set visual reminders to stay positive:** If you have a goal around meditation, set up a sweet space in your home with a new cushion, candle and fresh flowers to encourage your commitment to practice. Set reminders on your phone that encourages you to stay on track. If you'd like to replace your sugary drinks with healthy teas, buy a cute mug and some boxes of healthy teas to encourage you to stay on track.

**Reward yourself along the way:** Change takes effort, commitment and courage. Decide at the start how you'll reward yourself for reaching your goals. Post pictures in your home and use them as visual reminders of what's ahead for you.

To get started with a mindfulness practice, visit [mindfulhub.com](http://mindfulhub.com).

***We wish you 20 minutes of mindfulness every day!***

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