

Presented by BU Happiness College

New Year Vision Setting

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'Approach the New Year with resolve to
find the opportunities hidden in each
day" - **Michael Josephson**

The Rule of 3-5

When setting goals it's best to select the 3-5 that matter most to you. This gives enough choice and variety, without having too many options which lead to analysis paralysis.

Mind map as many goals and focus areas as you'd like below, and then narrow it down to your top 3-5 priorities:





Connect with the WHY

When setting goals the most important thing to connect with is the reasons behind the goal. A strong enough 'why' will give you the momentum and motivation to take action and remain consistent.

Priority Goal 1:

Why?

Why?

Why?

Why?

Why?

Priority Goal 2:

Why?

Why?

Why?

Why?

Why?



Connect with the WHY

When setting goals the most important thing to connect with is the reasons behind the goal. A strong enough 'why' will give you the momentum and motivation to take action and remain consistent.

Priority Goal 3:

Why?

Why?

Why?

Why?

Why?

Priority Goal 4:

Why?

Why?

Why?

Why?

Why?



Quarterly Milestones

Emotional, psychological, and behavioral change takes (on average) 13 weeks to achieve. With this in mind we can break down our yearly goals into 13 weeks (quarterly) milestones.

Priority Goal 1:

Milestone 1

Milestone 2

Milestone 3

Milestone 4

Priority Goal 2:

Milestone 1

Milestone 2

Milestone 3

Milestone 4



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Priority Goal 3:

Milestone 1

Milestone 2

Milestone 3

Milestone 4

Priority Goal 4:

Milestone 1

Milestone 2

Milestone 3

Milestone 4



Monthly Micro-Goals

In the pursuit of our longer terms goals it's important to have shorter term 'wins' along the way. These gives us a boost of accomplishment and momentum that we can harness to stay motivated.

Priority Goal 1:

1st Month Goal:

2nd Month Goal:

3rd Month Goal:

Priority Goal 2:

1st Month Goal:

2nd Month Goal:

3rd Month Goal:



Monthly Micro-Goals

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Priority Goal 3:

1st Month Goal:

2nd Month Goal:

3rd Month Goal:

Priority Goal 4:

1st Month Goal:

2nd Month Goal:

3rd Month Goal:



Weekly Commitments

At the end of the day your goals will be hit or missed based on your week-to-week habits and commitments. Every action, every step, adds up over time. Rather than worrying about taking big leaps forward, focus on the small steps.

Priority Goal 1:

Habit #1

Habit #2

Habit #3

Priority Goal 2:

Habit #1

Habit #2

Habit #3



Weekly Commitments

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Priority Goal 3:

Habit #1

Habit #2

Habit #3

Priority Goal 4:

Habit #1

Habit #2

Habit #3

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...