

Setting Goals with a Chronic Illness

**“The Greatest Wealth is Health”-
Virgil, Roman Poet**

Congratulations! You have made it to a new year! When you suffer from a chronic illness, that is an accomplishment to celebrate! We have made it our mission to work on healthy goals in 2019 and we hope that you will join us. Have you struggled in the past with crazy New Year resolutions that are only met with failure or lack of motivation? Don't worry, we have all been there!



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Today, we want to offer some easy tips for you to set goals that ensure a prosperous and healthy start to the year. These tips are to help you set goals that will make your goals more attainable and successful.

Choose a Specific Goal

Don't choosing something that is too broad. For example, instead of choosing something like "I want to lose weight", say something like "I want to lose 10 pounds". This helps you to have an actual goal to complete.

Choose an Attainable Goal

Many long term goals and dreams are made up of mini goals that must be met first. Everyone has to take the first step when working towards a goal, so make sure you choose one that can be reached with hard work and in your designated time frame.

Break Your Goal in to Mini Goals

Once you have decided on a specific and attainable goal, break it down into smaller goals. Once you have done this, give each mini goal a deadline. This will help you stay on track and monitor the progress you are making towards your goal.

Craft your Goal

Now that you have an understanding of how to craft a goal that you can actually accomplish, think of the one goal that you want to reach by the end of 2019. Write this goal down and post it in a spot that will be seen daily. Here's to a rocking new year! Having a chronic illness does not have to stop you from reaching important goals and dreams. We may have to take a more organized and strategic approach, but it is important to keep reminding ourselves that we can accomplish our desires, one step at a time.

Let us know what health goal you plan on implementing in 2019 and you could be featured on our website and/or social media platforms! Comment with your goal by the end of the week and let us help you stay motivated and on track!