

# SETTING WELLNESS GOALS FOR 2025

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Embarking on a wellness journey requires constancy and commitment to achieve the desired goal. This section offers a variety of resources and activities to help you kickstart your path to a healthier and more fulfilling year by developing a GROWTH MINDSET and setting GOALS.

Let's start by developing a **GROWTH MINDSET**.

"What Is a Growth Mindset? A growth mindset, as conceived by Stanford psychologist Carol Dweck and colleagues, is the belief that a person's capacities and talents can be improved over time...you can live a more purposeful and meaningful existence by being open to everyday challenges through learning and development." (Continue Reading at [Psychology Today](#))

## Suggested Book:

Learn more from Carol Dweck in her book, Mindset: The New Psychology of Success.

## Suggested Activities:

- **Affirmations** - Start your day with positive affirmations to set a constructive and hopeful mindset. From books to websites, to even apps, there is no shortage of resources to help you on your quest.
- **Journaling** - Reflect on your thoughts and feelings to gain insight into your goals and challenges. Do you have your pen and journal but have no idea where to start? Don't worry, just as there are boundless resources for affirmations, there are guided journaling activities and prompts. Find what works best for you!

Now that you're on your way to **GROWTH**, let's talk **GOALS**.

Setting clear and meaningful goals is the first step toward making that growth happen. So, ask yourself: What do you truly want to accomplish, and how can you break that down into actionable steps? It's time to make those dreams a reality!

## Suggested Book:

One of many great resources is James Clear's book Atomic Habits and/or you can also subscribe to his newsletter which will provide tips and tricks for success.

**Tips for Success** - Here are some tips to help you succeed in achieving your wellness goals:

- Start small and gradually increase the intensity of your goals.
- Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.
- Stay consistent and make wellness a priority in your daily routine.
- Seek support from friends, family, or a professional if needed.
- Track your progress by using a wellness journal or app to track your progress. Set regular check-ins to review your goals and make adjustments as needed.
- Celebrate your achievements, big and small, along the way to stay motivated.