



## Quarterly Focus

April/May/June 2025

As this quarterly Focus reaches your email, the SPA's will be preparing to attend many State and Provincial recognition events where we hope to not only celebrate the many successes of our members, but to spend valuable time with all of you. We do hope you will be in attendance and participate fully in these events. Your Field Staff work hard to organize, plan and create these events to make them special, inspirational and fun too! If you need inspiration, an ARD, SRD or PRD is exactly that boost your chapter needs. If you've not yet registered or considered it— make those plans. If you aren't certain of event information, reach out to your Advocate or Coordinator.

Last quarter, we focused on discovering or finding our “why” and recognizing the importance of knowing our “why” as we embark or continue the journey towards better health. For the second quarter, we turn our focus to setting achievable goals and celebrating small victories. While this concept isn't anything new, quite often we find ourselves in need of a fresh start, so let's jump in.

### SET ACHIEVABLE GOALS AND CELEBRATE SMALL VICTORIES

When it comes to achieving our goals, the journey can sometimes feel overwhelming because the goal is so far out of reach. Even when planning a road trip and the destination is many miles, it is important for us to break the trip into smaller segments, making it manageable and allowing us to make it safely to our destination.

So, let's set achievable goals – key word is ACHIEVABLE. It is said that the journey of a thousand miles begins with the first step. You are worth every step. Make these your first five steps on your journey to success.

1. What is your goal? \_\_\_\_\_.
2. Is it what you want, or what you need? What's the difference? To be successful and stay determined, the goal we choose needs to be relevant to us. Distinguishing between what you want and what you need can sometimes be challenging, but here are some ways to reflect:
  - \* **Align with Your Core Values** - Ask yourself: Does this goal align with what truly matters to me? Needs often support your long-term well-being and core values, while wants might satisfy more immediate desires.
  - \* **Evaluate the Impact** - Consider the outcome of achieving this goal: Does it bring lasting benefit or just momentary satisfaction?
  - \* **Will it help you grow, solve a problem, or fulfill a deeper purpose?**
  - \* **Examine the Motivation** Reflect on why this goal matters to you: Is it influenced by external pressures (like trends or others' expectations), or is it genuinely meaningful to you?

Needs often stem from internal priorities, while wants can sometimes be shaped by external factors. If our goal meets a need and satisfies something we want for ourselves too - all the better for keeping us motivated.

**3. Focus on your Direction** – You know the direction you want to go, write it down and display it in all the places you most need the reminder and read it aloud to yourself every time you see it. Become your own best cheerleader. Perhaps you have an article of clothing you want to feel better in, maybe you want to walk up the stairs without getting winded, perhaps you want to cross your legs or have more energy. Remember, goals do not need to be based on a number on the scale. They can be based on how you feel or a renewed ability to do something you once enjoyed.

What is your focus? What will your reminder say? \_\_\_\_\_  
\_\_\_\_\_

**4. Track your progress - Measure your success.** If your focus is on weight loss, choose the intervals or periods of time you will use to monitor and measure your progress. When planning a long trip, we often will set specific stops along the way. Just like planning a trip to get from A to B, we will need a plan to keep us on track and will need to stop, check-in and then adjust and start again.

How often will you check-in and measure your success? \_\_\_\_\_

How will you measure your success at this point? \_\_\_\_\_  
\_\_\_\_\_

Don't let the results of the first check-in disappoint you, instead, re-evaluate the goal. Was it realistic based on the amount of time you were giving yourself to achieve it? \_\_\_\_\_

If yes, reflect on your habits and actions thus far. List any changes and adjustments you think you need to make to move forward. \_\_\_\_\_

If no, re-evaluate your goal and make it more manageable or more realistic.

*"Remember by breaking down your larger goals into many smaller ones, you make your path to success more manageable less stressful."*

**5. Be Confident that you can achieve or reach your goal.** We need to be consistent and persistent in sticking with our plan, and determined to keep doing the work to make it happen. A phrase heard often from TOPS members who are not yet at goal is that they are a "work in progress". The important words there are WORK and PROGRESS. Making changes, re-evaluating and making those continual adjustments are key to getting where we are going and they play a significant role in our success.

Each success, each minor adjustment we make and conquer, every small victory will help grow our confidence. Start a success jar. Each time you make a good choice or take a step in the right direction, write it down and drop it in the jar. Whenever you need a confidence boost, pull one or more out and read them as a reminder of what you've accomplished or have been capable of. At this point in your journey, what successes or adjustments have you made or found helpful? Make a list. Add them into the jar. They will serve as great reminders.





## Celebrate Small Victories

Every small step taken to reach your goal is worth celebrating and boosts your confidence and help to keep you motivated.

Celebrations make us feel good. They lighten our spirits and help improve our morale. By recognizing and celebrating the small victories at our chosen intervals, we boost our confidence and maintain our motivation. It provides positive reinforcement that has a snowball affect toward achieving larger goals.

If you feel your morale waning, try one or more of these to give it a boost!

- ♦ Positive self-talk. Encourage yourself with positive affirmation and surround yourself with positive people, family and friends. Don't forget to pull a success reminder from your jar!
- ♦ Practice Self Care – take time for you! Sometimes you just have to stop and rest and recharge.
- ♦ Stay Flexible – Be adaptable and open to adjusting your goals as you need.
- ♦ Keep moving forward. There will be hills and valleys along the way. Embrace your journey – learn what works and what doesn't work.

Keep your eyes on the prize and take one step at a time. Do this for YOU!

**You can do THIS!!!**



## GOAL SETTING & CELEBRATING FOR YOUR CHAPTER

Setting goals and celebrating achievements is as important for a chapter as it is an individual. Set a goal or particular achievement you want to attain. Remember, just like making personal goals realistic and achievable, goals set for your chapter need to follow those guidelines too.

A long term goal may be to end the year with more members than the previous or to have a higher average loss per member than the year before. No matter the goal you set, keep in manageable and realistic.

One short term chapter goal, may be to have a month in which everyone has a net loss for the month, no matter the amount of the loss. It's not about the numbers, it is about the consistency. Make that more the focus and it could help make contests more fun for everyone. The more motivated the members, the more successful your chapter becomes.

Keep your chapter encouraged. Periodically have those who are willing, share at roll call their success, either on the scale or non-scale.

**“It's not the speed, but the direction that counts and every step along the way counts.”**

*Until next time - Wishing you the best,*

*Your Service Program Administrators (SPA's)- Judy, Margie, Carol & Mary*