

Solstice Goals



It's that part of Winter that everyone gets excited about, the shortest day of the year. It's a marker for the days gradually becoming longer again and it gives us hope that Spring may not be too far away.

The Winter solstice symbolically represents the theme of introspection, inner growth, and rebirth. Due to the decreased daylight hours, the solstice metaphorically encourages us to turn inwards, contemplate, and take wisdom from the darkness. As the solstice paves the way for the gradual increase in daylight, it represents hope and positivity over despair and darkness, with the promise of rebirth and renewal.

Setting goals around the solstice

Because the Winter solstice encourages us to look within, it asks us to consider what we really want from our lives. Where are we heading and what will that journey look like? Working with both the Summer and the Winter Solstices as markers for setting life goals allows us to put all that introspection to good use: putting some plans into action and holding ourselves accountable to them.

Setting your goals

The idea with setting Solstice goals is that you set a goal that you can realistically achieve within the next 6 months, by the following Solstice. So you want to think of some things which are achievable, but still challenge you. You want to set goals that get you out of your comfort zone, but not so terrifying that you'll never actually do them.

DO:

Write them down. Getting your goals out of your head and onto paper starts to make them a physical reality

Be realistic. What can you physically achieve in 6 months if you really put your mind to it?

Have a healthy balance of easy and hard goals. You want some easy wins to keep you moving forward and to give you that feel good serotonin boost when you tick something off your list.

Have one thing on your list that will really push you, maybe even scare you a little.

Think about where you would like to be in your life a year from now. What can you add to your list of goals that will eventually help you to reach that longer term goal?



DON'T:

Worry what anyone else might think of your goals. No one has to know about them and you're doing it for YOU.

Make your list too long. Six or seven goals with a balance of easy and hard keeps things interesting without being overwhelming.

Beat yourself up if you don't achieve them all in 6 months. It's ok! You may lose interest in one and realise it's not a goal after all, or discover you need more time. You will find that you tick off far more than you expected in 6 months time anyway.

How to create an achievable outcome

First, decide what you specifically want.

Consider your present situation. Where are you now in relation to this outcome?

Specify the outcome: how will you know when you've achieved the goal? What will you see, hear, feel etc when you've reached it?

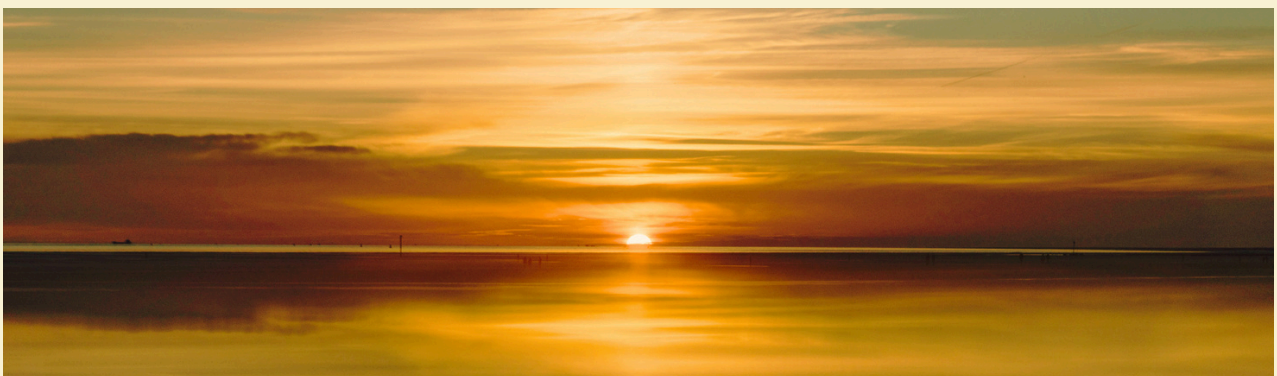
Consider what this outcome will do for you or allow you to do when achieved. Think about your why and the purpose behind setting this goal

What resources are needed in order for you to achieve this goal? It may be that you need to achieve one or two smaller goals first in order to reach this one.

Anticipate potential challenges and plan how to overcome them.

Visualize Success: Picture the outcome and the benefits it will bring.

Stay flexible. Be open to adjusting your goals as circumstances change.



Good luck!

You now have all the tools you need to make your Solstice goals a success! You can now set goals that are not only achievable but also meaningful and motivating.

I look forward to hearing all about them!