



Goal setting

At the start of the new year many people think about what they'd like to achieve whether it be financial, professional, health or another area entirely. It's important that these goals are realistic and planned to support you in achieving them.

Goal setting is a powerful process for thinking about your ideal future and for motivating yourself to turn your vision of the future into reality. The process of setting goals helps you choose where you want to go in life. By knowing exactly what you want to achieve, you then know where to concentrate your efforts. This will also help you spot the distractions that can easily lead you astray.



Why do people set goals?

There are multiple reasons why people set goals such as to change or improve their lives. Goals help with your wellbeing and satisfaction. Goals can help to:

- ▶ Motivate you to try new things
- ▶ Help you work towards something
- ▶ Help you track your progress

Types of goals

There are three types of goals including process, performance and outcome goals.

- ▶ **Process goals** are specific actions or processes of performing. An example would be making sure a Take 5 is done before every job to ensure your safety. This type of goal is 100% controllable by an individual.
- ▶ **Performance goals** are based on a personal standard. For example, saving \$5,000 in an emergency fund. This type of goal is mostly controllable.
- ▶ **Outcome goals** are based on winning. This could include having council endorse a new initiative. Outcome goals are difficult to control because of other outside influences.

Process, performance and outcome goals have a liner relationship. If you achieve a process goal you are more likely to then achieve a performance goal and this gives you a better chance of reaching an outcome goal.

Goal setting tips

Some general tips that can help you in your goal setting include:

- ▶ Set both short- and long-term goals
- ▶ Set **SMART** goals
- ▶ Set goals that motivate you
- ▶ Write goals down and put them in a place you can see
- ▶ Adjust goals when necessary
- ▶ Recognise and reward yourself when you meet a goal



TIP!!

Set process, performance and outcome goals with the focus on executing smaller process goals to give you the best chance for success.





SMART Goals

The following is an outline of how you can set SMART Goals:

Specific – this is a highly detailed statement of what you want to accomplish or achieve (who, what, where, how etc).

Measurable – how will you demonstrate and determine that your goal has been achieved?

Attainable – set goals that can be achieved by your own hard work and dedication – ensure that goals are realistic and within your ability to achieve.

Relevant – how do your goals align with your objectives

Time based – set 1 or more target dates. This would be a task or milestone has been achieved by a specific date (this would include deadlines, frequency and dates).

Financial goals tips

Check out the LGIS website for our series on Financial Wellbeing. There's plenty of tips and tricks to set and achieve your financial goals. Navigate to Risk Management > health and Wellbeing > Financial Wellbeing.

These resources have been developed in conjunction with the Financial Counsellors Association of WA.



Smashed dumpling tacos

Minimum effort and maximum taste.
Prep 10 mins | Cook 5 mins | Serves 4

Ingredients list

Mince mix

- ▶ 500g pork or chicken mince
- ▶ 2 spring onion (scallion) diced
- ▶ 1 tbsp coriander, finely chopped
- ▶ 3 garlic cloves, crushed
- ▶ 1 tbsp ginger, grated or minced
- ▶ 2 tbsp soy sauce
- ▶ 1 tbsp sesame oil
- ▶ 1 tbsp chinese cooking wine
- ▶ ¼ tsp caster sugar

To serve

- ▶ 12 mini tortillas
- ▶ 1 cucumber, sliced
- ▶ 1 bag coleslaw
- ▶ Lime quartered

Method

- ▶ Mix all mince ingredients.
- ▶ Take a spoonful of mince mix and spread onto a tortilla. Spread evenly out to the edges.
- ▶ Heat up a non-stick frying pan. Once very hot place tortilla face down. Cook for 2-3 minutes then flip and cook for 1 minute.
- ▶ Remove from pan straight onto a plate, top with slaw, cucumber and a squeeze of lime to serve.

Pro tip

Take your smashed dumpling up a notch and add your favourite topping. Think crushed peanuts, fresh coriander or mint, vegetables pickled in rice wine vinegar such as carrot or daikon, or chilli oil crunch.



Lvl 3, 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888  lgisw.com.au

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