

Building Healthy Habits to Achieve the Goals You Want

This webinar will help you understand the value of effective goal-setting and how to apply the SMART framework across key areas like health, relationships, and mindfulness. You'll explore proven habit-building techniques to create lasting, healthy habits and learn practical tools for achieving your goals. Whether you're aiming to improve personal well-being or professional growth, this session will equip you with the strategies needed to stay on track and make meaningful progress.

Learning Objectives

1. Understand the Value of Effective Goal-setting, Using the SMART Framework, and Apply it Across Key Areas Such as Health, Relationships, and Mindfulness
2. Explore Habit-building Techniques and Strategies to Establish Lasting, Healthy Habits
3. Discover Practical Tools for Goal Achievement

Content Outline

The Essentials of Effective Goal-Setting

- Understand the importance of effective goal-setting for personal and professional growth
- Apply the SMART framework to create goals across key areas
 - Health and fitness
 - Relationships
 - Mindfulness/Wellbeing

A Guide to Habits: Building Healthy Habits & Breaking Bad Ones

- Explore effective strategies for building positive habits
 - Daily Motivation
 - Self-discipline
 - Constructive Changes
- Understand the phases of habit formation
 - Cue → Motivation → Action → Reward
- Apply positive habit strategies to create sustainable, healthy habits
 - Tiny Habits
 - Habit Stacking

Striving to be #Goals: Practical Application Tips

- Discover practical strategies for achieving goals
 - Positive self-talk
 - REMOVE and ADD technique
 - Setting up regular Reminders
 - Effective Self-rewards
 - Harness Positive Social Support