



Why You Need to Set Goals Instead of New Year's Resolutions Part Two

MUSIC INTRO

EPIISODE TEASER

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

How is 2022 going for you so far? Are you still staying excited and pepped up about what God has in store for you for the new year? I am.. And I hope if you listened to last week's episode on why you need to set goals vs new year's resolutions, I hope that helped spur you on to more excitement for what's to come in this new year!

God has big plans for us, my friend, and I'm so excited to be on this journey with you!

In last week's episode, we talked about why New Year's Resolutions don't work and what you need to do instead - which is to create a plan - to set goals - realistic goals full of next right steps.

I told you I was going to share six very specific steps you need to take to create achievable and attainable goals that will help you become the best version of you in 2022! We covered two of those steps, and things got a little bit deep, didn't they?

If you haven't listened to that episode yet, I highly encourage you to go back and listen, because you don't want to miss out on the details of the first two steps. We're going to do a recap here, but I gave you some heartwork in that episode that you don't want to miss.

I want to do a quick recap of what we went over in the last episode, but before we do, I want to give you a challenge. Every year for I don't know how long, maybe since 2013.. God has given me a word or phrase to live by for the year.

Some words I've chosen in the past: grace, trust, productivity, radical. I even chose the word "no" one year. I chose that word because it was keeping me from focusing on what God really wanted me to do. In 2020 I actually chose a phrase, "Doing it afraid." That was definitely a year for doing it afraid. My one word for last year was "health."

As I've been praying through what word God would have me focus on this year, I literally kept coming back to the word "focus". It makes total sense for the season of life I'm in right now.

I am a dreamer. I'm a visionary. I love to create ideas and see them come to fruition. I'm a great idea generator. I'm a great starter. But what I'm not great at is finishing. Now, I used to think that was a bad thing, that I would start something and struggle so much to finish, but then I realized that wasn't the case, because there are people out there who are great finishers and horrible at starting. There are people out there to balance people like me.

But, I'm not at the point in my life where I can just hire everyone to finish everything for me, although that's a goal, so I have to put my feet to the ground and make things happen. In order to do that, I need to stop being so distracted by all the ideas I have and focus on that one thing.

It ain't easy, so pray for me. I've got a lot of ideas.

As I spend my 2022 working on my focus, I want to challenge you to come up with a word or phrase for the year that you're going to focus on. Pray about it. Maybe it has something to do with building stronger relationships. Maybe it has something to do with honoring your body more. Could it be something related to your health? Whatever it is, spend some time talking to the Lord about it, and if you feel comfortable, I'd love to hear what yours is. I just blasted mine out for the whole world to hear, so I'm sure I'll be held accountable for it!

Okay.. so I wanted to throw that in there, because it really does line up with setting achievable goals. Your word or phrase should be relevant to your goals.

So, before we dive into today's episode, let's do a quick recap of the two steps we discussed last week on why you need to set goals instead of new year's resolutions:

1) FACING OUR GREATEST FEARS

We discussed that in order to move forward in facing our greatest fears, we must conquer these three things:

1. Identify the fear
2. Identify the lie
3. Identify the truth

You, my friend, have a God who loves you and wants to see you successful in pursuing the dreams and goals He has put on your heart. That healthy version of you that you're so desperate to be - He wants that for you too!

And in order to get there, **we have to kick fear to the curb!**

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.
- 2 Timothy 1:7 KJV*

2) STEPPING OUTSIDE OUR COMFORT ZONE

In order for breakthroughs to happen in our lives, we have to step outside our comfort zones. What we've been doing in the past hasn't worked for us, right? **That means we have to find a new normal.**

We discussed three important reasons we need to step outside our comfort zones:

1. So we can experience the full life God designed for us.
2. So we can conquer fear.
3. So we can inspire and influence others.

In order to truly succeed in life, to truly succeed in our health-related and weight loss goals, we **must** be willing to step outside our comfort zones.

Like I said, in last week's episode, *Why You Need to Set Goals Instead of New Year's Resolutions Part One*, we dove deeper into these two steps and I gave you some heartwork to process through.

If you haven't listened to that episode yet, I highly recommend going back through it.

Now that we've done that recap, we're going to cover the next four steps today in how to set achievable, realistic goals.

SHARE REMINDER

Before we get started, though, I'd love to ask you for a favor. Would you share this episode with someone else who needs some inspiration and some real-life action steps to take their lives to the next level?

When you share, you help me get the word out to as many people as possible, that they, too, can achieve their greatest dreams and desires that God has planned for them.

And in advance... thank you so, so much.

Now.. let's dig into today's episode on why you need to set goals instead of new year's resolutions.

DISCUSSION

3) Reflections

The past isn't always pretty. But without our past we wouldn't have our future.

Many times it can do a heart good to look back and reflect in order to design our best life. It's important not to stay stuck in your past, but allow yourself to use it to see just how far you've come, and where there is still room in your life to improve.

Notice I said how far you've come **and** where there is still room for improvement.

I don't want to hear any of this, "Well, I've not come far in any area of my life." Malarkey. There's a treasure somewhere inside of those lies you're believing, but you have to be willing to find it. There is something that you've done well, even if it was tiny.

In reference to goal setting, it's useful to reflect on the previous year, including both successes and failures, before attempting to create a different outcome in the months ahead.

There are three keys to properly doing business with your past:

1. Acknowledge what happened.
2. Learn from the experience.
3. Implement necessary changes to redesign your life.

Okay, so in the last episode I introduced you to what I like to call heartwork. I gave you some specific questions and steps to prayerfully process through after each step. I'm about to do it again. You ready?

Q1: What were some of your greatest accomplishments from this last year? Remember, if you can't think of anything, it's probably because you're believing a lie. But, behind every lie is the truth, so you're going to have to keep digging. (Ex. Maybe you learned to drink more water. Maybe you started eating less sugar. Maybe you experienced less inflammation. Maybe you got off some medications. Maybe you went for a walk. Maybe you had a relationship accomplishment, or something with your kids, or your job. I promise you.. Sit down and think about it long enough and you'll realize you had more accomplishments than you thought.

Q2: What regrets or disappointments did you experience in the last year? (This is always an easy one to answer, because we're always so quick to find the negative. Remember though, this exercise isn't created to beat you up. We're going to use it for good, so hang tight.)

Q3: Looking back on the last year, what do you think was missing? (Ex. More time with your kids? More time reading the Bible? More time building relationships with friends? More time reading books? More time exercising? Less time watching TV? More time understanding about nutrition? More time with praying?)

Q4: What are 3-5 major life lessons you learned this last year? (Ex. "I can't help everyone, but I can help one person." "Relationships are more important than computers and Social Media.") I'll give you one of mine. Family is important, no matter the circumstances. Make sure you never leave people guessing whether you love them or not, because you never know when your last moment with them is. Alright, so what are some of yours?

Okay, so when you're done answering these questions, you will have:

1. Acknowledged what happened.
2. Learned from the experience.

And then we'll figure out how to implement the necessary changes to redesign your life for the best 2022!

4) Back to the Future

This is one of my favorite exercises!

In this step, we'll learn about some practical applications for setting effective goals:

- 1. Write your goals down:** Writing down your goals increases the chances you will actually accomplish them.

One of my favorite leadership experts, Michael Hyatt, says, "The secret to accomplishing what matters most to you is committing your goals to writing." He actually gives 5 reasons for doing so:

1. **Because it will force you to clarify what you want.**
2. **Because it will motivate you to take action.**
3. **Because it will provide a filter for other opportunities. (In other words, it will help you stay focused. Preaching this to myself.)**
4. **Because it will help you overcome resistance.**
5. **Because it will enable you to see—and celebrate—your progress.**

If you want a more in-depth explanation on these 5 reasons, I'm going to share the link to an article he wrote called, "5 Reasons Why You Should Commit Your Goals to Writing" in the show notes.

- 2. Set S.M.A.R.T. goals:** Putting this life-changing acronym into play is key for living out your **BEST LIFE EVER**. We'll dive deeper into what these look like in just a minute.

- a. Specific
- b. Measurable
- c. Actionable
- d. Realistic

e. Time-Bound

3. Share your goals selectively: You are more likely to achieve your goals if you share them with people you can trust. With that said, you also want to be careful not to share them with too many people.

4. Review on a regular basis: Make an appointment with yourself to review your goals. Remember, you're worth it. This keeps them fresh in your mind and constantly makes them a priority in your life. I try to scan over my goals daily so I can get a quick reminder of where I want to go, then I dive in deeper once/week to see where I'm making progress and what next steps I need to take to stay on track.

Examples of S.M.A.R.T. Goals:

1. SPECIFIC: *You need to identify exactly what it is you want to accomplish.*

a. Bad Example: *Lose weight*

b. Good Example: *Lose 25 lbs.*

2. MEASURABLE: *How will you know if your goal is attainable if you don't measure the results?*

a. Bad Example: *"Fix more meals at home than I did last year."*

b. Good Example: *"Fix three meals a week at home."*

3. ACTIONABLE: *Each goal should start with an action verb (i.e. "start," "finish," "lose," "write," etc.) versus a to-be verb (i.e. "have," "be," etc.)*

a. Bad Example: *Be a better parent.*

b. Good Example: *Spend one evening a week doing an interactive activity with my children.*

4. REALISTIC: *Always have common sense when it comes to setting goals. Yes, you should always stretch yourself but never step outside of the reality of what you can really accomplish.*

a. Bad Example: *Run the Boston Marathon*

b. Good Example: *Train for a 5k*

5. **TIME-BOUND:** Every goal should have a date. Know when you plan to deliver on the goal. By the end of the year? The middle of the year? Someone once said (Dave Ramsey maybe?), "A goal without a date is just a dream." Every goal should end with a by-when date.

- a. **Bad Example:** Lose 25 lbs.
- b. **Good Example:** Lose 25 lbs. by December 31

It's Go Time!

When we're thinking about changing our lives and taking our dreams from our minds to our pencil tips, it can be a bit overwhelming. But it doesn't have to be. **Remember, success is about taking small next right steps to get to the bigger picture.** We're doing this to get excited about our future, not overwhelm ourselves.

So.. I want you to start out with just two goals. Just two. If you're my overachieving friend, I know this might be hard for you, but trust the process.

I want you to come up with two S.M.A.R.T. goals that you want to achieve in the next year. Only two. No more, no less.

Don't be afraid to dream about what's possible, but remember to keep them realistic. Don't shoot for running the Boston Marathon if you've never completed a 5k race. Don't plan to earn your degree as a Rocket Scientist if you haven't filled out the FAFSA to start earning your Associate's Degree yet.

Okay.. here comes some more heartwork for you to do.

E1: Write down 2 S.M.A.R.T. goals related to your health. They don't necessarily have to be weight loss related, but try to keep in the health lane. (Example: Decrease diabetes medication, lose 25 lbs., subscribe to a food delivery service.)

E2: Write down 2-3 people you feel safe to share your goals with. Will they hold you accountable? Will they spur you on and encourage you when things get tough?

Oh man, this gets me so excited and fired up. I hope you are, too.

PROMO - STEP AWAY FROM THAT DIET

Tired of dieting only to regain the weight you lost, plus more?

What if you could actually lose weight for good without crazy rules and actually starving yourself?

How would it feel to lose 10, 20, 50, even 100 lbs.?

My friend, it's possible and I want to teach you how with 5 simple steps, that will not only help you get on the path to weight loss, but gaining that confidence you've been searching for, in my free ebook, *Step Away from That Diet*.

Notice I didn't say easy steps. I said simple.

At the age of 25 I weighed 330 lbs! Yep.. you heard that right. I had no energy. I had no motivation for life.

Walking up and down the steps felt like I had just run a marathon. I had to buy my jeans online because I couldn't find a store that carried size 30. To say that walking into a store was humiliating is an understatement.

Mountain Dew and pizza were two of my closest friends, so I convinced myself. The reality? I was using them to destroy myself.

I wasn't living life. I was just surviving.

But one day I finally came to the end of myself and realized I couldn't keep killing myself like this.

That's when I turned my life around and lost 145 lbs. Now I'm passionate about helping other women to stop dieting, lose weight, and learn who they are in Christ!

If you're ready to get started on your journey, download Step Away from That Diet today at sundijo.com/stepaway.

If you're looking for an easy fix to weight loss, my friend, this ain't it!

If you're looking for lasting results, then you're definitely in the right place. I'm going to provide you 5 simple (not easy) steps to getting on track to finding true freedom in your health journey.

You deserve better than what you're believing about yourself, my friend, and I'm ready to help you take the next right steps to get where you need to be!

Step Away from that Diet will help you overcome the diet mentality, learn how to remove the barriers getting in the way of your freedom, find encouragement on your journey, and more!

And don't miss the special prayer I've written at the end personalized just for you, my friend.

Download it for free today at sundijo.com/stepaway.

And now.. Let's get back to the final step we must take to create goals that will lead to a successful new year!

DISCUSSION CONTINUED

Alright.. Now here comes a big one. Ready for this?.

5) *The Why*

We're going to learn how to find and keep our motivation. To get to the "why."

If you don't know why you want to accomplish your goals, especially when things start to get hard, then you probably won't want to push through. My friend Gail Hyatt says, "You lose your way when you lose your why." Those words are so powerful we're actually going to do a whole episode later on.

There are three important things we need to do:

1. **Identifying your why:** Why is this goal important to you? What happens if you don't reach your goal? What happens if you do reach it?
2. **Writing down your why:** Make a list of 3-5 key motivations for each one of your goals.

3. **Prioritizing your why:** Which of the key motivations sticks out to you the most? Resonates with you emotionally? Put that why at the top of your list.

Okay, so here's the heartwork:

E1: Identify your why.

E2: Write down your 3-5 key motivations next to the two goals you've written down.

E3: Then put the why that resonates the most with you at the top of that list.

When you get stuck or you're struggling with something, go back to this *why*. Remember what's at stake. Remember what inspires you about this goal. Remember what the outcome will look like if you achieve it.

I'll share one of mine with you. I have a goal to fit into a pair of jeans that I wore in 2010. Two of my key motivations behind this goal:

- I want to show others that if I can do it, so can they.
- I want to build up muscle, especially after skin removal.

We've got to hold onto our why, my friend.

6) Taking the Next Right Step

Look at you! You did it!

You've faced your fears. You've found a new normal. You've set S.M.A.R.T. goals. You've found what will keep you motivated.

Now it's time to take action and start living your **BEST LIFE!**

Here are some next steps to take and questions to ask yourself:

- 1. What is the next right step you need to take to reach your goal today?***
- 2. When can you schedule time to work on these goals?***
- 3. When can you regularly review your progress?***
- 4. Who is going to hold you accountable? If you haven't asked them already, make sure that's a next step. Give them ideas on what that looks like.***

Schedule time for yourself to do these things. Put it on the calendar. Make it a priority.

Alright, my friend, we did some big stuff together today. I encourage you to carve some time out and do **ALL** of these exercises. It might seem like a lot, but I can promise you that you won't regret putting in the work ahead of time.

I'm proud of you for doing the hard things and I can't wait to see what you and God do together to achieve your health and weight loss goals.

Let's do a quick recap of what we need to do in order to set goals instead of new year's resolutions:

- 1) Face our Fears
- 2) Step outside our Comfort Zone
- 3) Reflect on the past
- 4) Set S.M.A.R.T. goals
- 5) Find our *why*
- 6) Designate the next right steps

We've covered a lot today and you might find yourself feeling a little overwhelmed, and that's okay. Remember, success is about doing things one next right step at a time.

COACHING OFFER

Before we close out today, I have an exciting announcement. I am bringing one-to-one coaching back in 2022 and I only have a few spots open.

I'm ready to help you get on track to finding true freedom in every area of your life – physically, spiritually, emotionally, and mentally.

Whether you're just getting started in your weight loss, you've hit some roadblocks and need a little push to reset, need some help just learning how to invest in yourself, or you know what your goals are but just need some help reaching further, I'd love to chat about how I can help push you forward on your journey.

Depending on your needs, I'll walk with you every step of the way.

To see if private coaching with me is right for you, visit sundijo.com/coaching. If you're ready to do the work, my friend, I'm ready to help!

Again, I only have a few slots available, so contact me today to get started. Learn more at sundijo.com/coaching.

CLOSING

I had so much fun walking you through the goal-setting process today, my friend, and I hope you're as excited as I am about what 2022 has in store for you. Victory is yours for the taking, if you're willing to go for it, my friend.

I'm rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn't matter if it's 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

I'm looking forward to diving deeper with you next week in *The Diet Haters Podcast*, my friend, as we learn how to keep taking the next right steps, say goodbye to dieting, and learn our true identities in Christ!

REVIEW REMINDER

If you enjoyed today's episode, would you mind heading over to wherever you listen, Apple Podcast, Spotify, wherever, and leave a review? This helps get the word out to others who need to hear this podcast.

And if you want to get email reminders of new episodes when they release, you can sign up at diethaters.net.

INSTAGRAM REMINDER

Come on over to Instagram if you haven't already and say hello. I'm always sharing inspiration updates, fun stories, and other shenanigans.

CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

LINKS

[Episode 2: Why You Need to Set Goals Instead of New Year's Resolutions Part One](#)

[5 Reasons Why You Should Commit Your Goals to Writing](#)

[Weight Loss Coaching](#)

[Step Away from That Diet ebook](#)

[Diethaters.net](#)

[Sundi Jo on Instagram](#)