



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

Why New Year's Resolutions Don't Work and Why You Should be Setting SMART Goals Instead

By Envision:You Intern, Angela Helms

The first day of a new year. A fresh start. A "new you." New Year's is a time when we're full of hope for the coming year and commit to our New Year's resolutions. Maybe we want to eat healthier, go to the gym, learn a new language, or quit smoking. Whatever the goal, we make our resolutions and have every intention of sticking to them throughout the year. Sound familiar?

Having goals for positive change is great, but for many it's easier said than done. We set goals and say we're committed, but then we fall out of that commitment to ourselves. **Why is that?** For some, we're not ready for a big change, our goals are too lofty, or they are too undefined. In truth, most resolutions (about 90% of them) are abandoned after only a few months. But that doesn't mean we should stop making these commitments to ourselves. Instead, we need to approach our goal-making from a different perspective and understand why we want to make these changes.

This is where **SMART** goals come in. SMART stands for **Specific, Measurable, Achievable, Relevant, and Time-bound**. Using this acronym to define your goals can help you stick to them and see your goals become reality. Resolutions tend not to work because setting a goal to "eat healthier," for example, is too broad. What does "eating healthier" look like? It could mean adding more veggies, cutting back on refined sugar, or it could mean a complete overhaul of your relationship with food. Using SMART helps you get specific in the outcome you wish to see and helps define the "why." Why do you want to make this change? Why does it benefit you? Why is it important? These are all questions that need to be

answered when setting a goal and making it stick. If you don't understand your "why," chances are you'll see your resolution unfulfilled.

Making a SMART Goal

Let's turn my resolution to learn a new language into a SMART goal. First, let's look at my why: I'm going to Costa Rica this October. From there, I can break the goal down into smaller pieces:

- **Specific** – I want to learn basic Spanish.
- **Measurable** – I will use a language-learning app for 15 minutes a day to learn and track my progress.
- **Achievable** – I will complete all lessons in Section 1 through Section 4.
- **Relevant** – Learning basic Spanish will help me feel more comfortable and confident in Costa Rica.
- **Time-bound** – I will reach my goal by October when I leave for my trip.

Not only do I have a reason for this goal, but also know exactly how I'm going to do it. I've defined a timeline (by October), what I'm going to use to help get me there (a language-learning app), and defined when I've reached my goal (completing through Section 4). Because it's specific, I am more likely to see this resolution through to the end. So, let's turn our resolutions into SMART goals and see what we can all achieve this year.

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By becoming a monthly donor you provide stable support that empowers us to continue our mission of improving LGBTQ+ mental health.

Why monthly giving matters:

- 1 Sustained Impact:** Your monthly commitment allows us to maintain a steady flow of resources, ensuring that our vital programs thrive!
- 2 Effortless Support:** Set it and forget it! Monthly giving is a hassle-free way to champion our cause without the need for repeated transactions.
- 3 Exclusive Updates:** As a GEM donor, you'll have the opportunity to receive exclusive updates on the impact of your support!

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ENVISION:YOU

“My therapist didn't know what a gender affirming letter of support was, so I left.”

LGBTQ+

Behavioral Health Provider Training Program

ENROLL NOW

Training Program Awarded Grant

Envision:You is proud to announce that our LGBTQ+ Behavioral Health Provider Training Program has received a grant from the Office of Health Equity in the Colorado Department of Public Health and Environment. The funds, made available through Colorado House Bill 22-1267, will allow us to train 200 behavioral health providers with our Level 1: Introductory Training at no cost. The bill created a culturally relevant and affirming health-care training grant program to improve the health outcomes of underserved and socially stigmatized communities. **If you are interested in receiving our training at no-cost, you can fill out the interest form here.**

Learn more about the training program by going to: envision-you.org/lgbtq-behavioral-health-training.