

Identity Goal Setting for the New Years



Hello and Welcome!

Hey there, friend!

It's new year again, which means everyone is doing the whole goal setting thing.

Knowing that not everyone is the same, I created two different guides for our goal setting. This one you have here is a more traditional way of goal setting.

In here, we focus on your identities (e.g. loving partner, grateful human, reader, etc.), and honing down on the habits/tasks that can help you achieve this identity.

My other guide is focused on “emotion goals.” So if the more traditional ways of goal setting doesn't work for you, go back and download my other guide!

I hope you find this useful!



Harry

Therapy for Asians

I help Asians go from feeling trapped, to being self-liberated

1 |

Setting Intentions: Who Will You Be?

Our identities is a important part of who we are. It is also something that can be flexible and fluid. So let's be intentional with who we want to be and become.

What are 1-2 identities you feel is important for you to align with this year?

Some examples: learner, creative, parent, lover, gamer, runner, self-secure, health-conscious, grateful, emotional, fashionable, authentic, money saver, reader, explorer, introspective, etc.

Why is this identity important to you? What emotion does this identity bring up for you?

Example: I want to be a good dad, because I love my kids; I want to be someone who is self-secure, to help me be more loving; I want to be a learner, because trying new things excites me

2 | *Brainstorming Your Goals*

Now that you have chosen your identities, it's now time to brainstorm your goals.

When it comes to aligning your goals with your chosen identities, some identities will be more straightforward than others.

For example, the identity of “reader” is pretty straightforward. But you can also get creative with it.

What will you read? Why? What language? What can make reading more enjoyable? Book or ebook? Join a book club?

A helpful way to think about this is to consider how these identities will play out in the 4 arenas of your life:

1. People
 - Friends, family, chosen family, partners, spouse, etc.
2. Personal
 - Personal goals such as health and personal-development
3. Play
 - Things you do that makes you happy or content
4. Professional
 - Career and work

*You can use the next page to brainstorm your goals...

3 | *Brainstorming Your Goals*

Let's brainstorm. What are some goals, habits, tasks, or actions that aligns with your chosen identities?

Write down everything that comes to mind, even if it seems unrealistic or silly. Great ideas come from thinking outside the box, and making connections between some truly wacky ideas!

Don't worry...in the next page, you'll get a chance to re-assess everything you've brainstormed!

A large, empty rectangular box with a thin grey border, intended for the user to write down their brainstormed ideas.

4

Prioritizing Your Goals

Let's prioritize our goals. Ideally, our goals should be both important AND exciting to us.

Go back to the last page. We will rate each goal based on the following:

1. Excitement: Rate each goal on a scale of 1 to 10, with 1 being not exciting at all and 10 being very exciting to you
2. Importance: Rate each goal on a scale of 1 to 10, with 1 being not important at all and 10 being very important to you

Add up the scores of each goal. What are the 2-3 goals that had the highest scores?



5 |

Prioritizing Your Goals

By rating our goals with both importance and excitement, it gives us the opportunity to reflect on what we truly want.

Use the space below to reflect on the goal-setting process. Were there any insights? Did anything surprise you? Did it bring clarity and/or confusion? Do you feel conflicted?

If the chosen identities no longer feel right, give yourself the permission to go back and change things up.

A large, empty rectangular box with a thin grey border, intended for the user to write their reflections on the goal-setting process.

6

Making it Happen

Make time for your goals in your weekly calendar. The key is to START SMALL! You want to build momentum by slowly integrating and normalizing these new tasks into your life.

Schedule the (bi)weekly day and time for each goal. Start small.
(e.g. I will do 2 yoga poses every Saturday at 9:30am)



Input these tasks into your calendar.

Try not to increase the length of time and frequency until a month later. After a month, you can increase it at a small increment.

When you start small, you are more likely to commit. This build a positive feeling of accomplishment. It goes a long way in sustained commitment and momentum.

Remember...it's not a sprint, it's a MARATHON!

Stay connected yall!



Thank you for taking the time to reflect. I hope this New Year resource helps you kick off the new year on the right foot!

If you found this resource helpful, you can get more information and resource by signing up for my newsletter. You can use this link [here](#).

Or click [here](#) to listen to some of my podcasts and media features.

Stay in touch! My newsletter and resources specifically speak to the Asian experience. Because I know that, as Asians, our experiences are unique. So our support should be unique as well.

See you around!



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