

# Emotion Goals for the New Year



# *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 different kind of goal setting.

In here, we focus on your emotions as your goals, and honing down on things that help you experience your emotion goals.

My other guide is a more “traditional” approach to goal setting. So if the emotion goals don't work well 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*

# Why Emotion Goals?



Let's change the way we think and do our new year resolution.

For a lot of us, we focus on result-driven goals. I want to be in better shape, so I'll go to the gym every day. I want to read more, so I'll read one book a month. I want to save more money, so I'll set up a budget.

However, behind these goals, there is an emotional experience.

Maybe going to the gym is about feeling more confident and comfortable about your body. Reading might be about having calming down time. Saving money might be the desire to feel more secure about your future.

So instead of having new year resolutions, let's dig right into the core of your desires. Let's have New Year Emotion Goals!

# *Wait...you want me to feel difficult emotions?!*



As people, we experience both pleasant and difficult emotions. It's just part of our human experience. Wanting to chase pleasant emotions is natural, but not always the most healthy nor realistic.

Part of building mental health wellness is to acknowledge and accept the emotions that we feel – both the pleasant and difficult.

So for our Emotion Goals, we'll create one for pleasant emotions, and one for difficult emotions.

For the **Pleasant-Emotion Goal**, you'll be looking to integrate experiences into your life that can bring you that pleasant emotion.

For the **Difficult-Emotion Goal**, you'll be looking for activities that can help you reflect and understand this difficult emotion.

## ***Pleasant-Emotion Goal***

Let's start with the pleasant stuff.

I'm a proponent of focused, achievable goals. So we'll only focus on one emotion.

What is one **pleasant emotion** do you want to experience more of this year? (e.g. Joy, connectedness, pride, excitement, relaxed, secure, calm, ease, etc.)

It might be an emotion that you feel that you're lacking. Or it might just be an emotion that you just want more of in your life.

**My Pleasant-Emotion Goal:**

***What activities can help you  
experience more of your desired  
Pleasant Emotion? Be creative!***

Also consider: How often will you do these activities? At what day(s) and time(s)? For how long? Block off those times in your schedule so you show up for yourself!

I recommend you start small. It's easier to commit, which helps build a sense of accomplishment. This will help sustain your commitments to it.

E.g. To increase feelings of calmness, I aim to do 2 yoga poses on Tues and Sat mornings at 9:30am.



## ***Difficult Emotion Goal***

Now, for the difficult stuff.

What **difficult emotion** do you want to embrace and understand better? (e.g. Shame, sadness, anger, boredom, fear, resentment, envy, hatred, loneliness, etc.)

If you're not sure, you can consider this:

Reflect on the things that you want in your life, but it **scares you to think about it**. It might be more money, free time, working less, being able to say "no" to people, or dating.

What emotion comes up when you think about having these things? This is a good starting point.

**My Difficult-Emotion Goal:**

## ***What activities can help you understand your chosen Difficult Emotion?***

Also consider: How often will you do these activities? At what day(s) and time(s)? For how long? Block off those times in your schedule so you show up for yourself!

Some activities may be: journaling, meditation, seeing a therapist, reflection sessions with friends, speaking to a mentor, seeking advice from trusted elders, engaging in creative processes, etc.

And as we previously mentioned, start small!

E.g. To understand my anger better, I will journal for 5 minutes on Tues and Fri at 6pm before I prepare dinner.





## ***Making Time For Your Emotion Goals***

Let's prioritize your time, by re-assessing how you spend your time.

Pull out your scheduler/calendar. Reflect on your daily, weekly, and monthly tasks/routines. Note the projects, and commitments you're involved in.

For each task, routine, project, and commitment, ask yourself:

1. Does this help me achieve my Emotion Goals?
2. Do I even want to continue spending time/energy on this?
3. Can I stop doing this altogether? What's scares me about ending this routine/commitment?
4. Can I choose to spend less time and energy on this?
5. Can I share the workload, delegate it, or hire outside help?

You can use the following page for your brainstorming.

## ***Making Time For Your Emotion Goals***

Write down all the things you plan on **not doing, or doing less of** in this coming year.

A large, empty rectangular box with a thin grey border, intended for the user to write down things they plan to stop or do less of in the coming year.

With more time in your schedule, you can now do more of the things on your Pleasant-Emotion Goal list, and also the things that help you understand your Difficult-Emotion Goal!

# 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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