Can it really be July? While the weather used to alert me to the seasons, it seems that April was more like February and June was hot like August. Good thing we use calendars!

In addition to celebrating our country’s freedom this month, I’m going to take time to review my goals – both personal and professional. I’m reminded again how important it is to have written goals and to post them in a place we can see them regularly. For me, my goals are like my “life shopping list.” They remind me what is most important and keep me on track when I get distracted with all of the other choices that could use up my time, money and energy.

As I look forward to the next six months, I’ll also take time to look back at the past six months. Unless I conscientiously review what I’ve done, I don’t tend to give myself much credit because of the long list that’s undone. Journaling what’s happened in the past months helps me celebrate my successes, recognize my efforts and honor the truth that I can do hard things. For example, in June, I moved 12 tons of hay in order to make room for a hay barn, read 5 books, supported two family members during hospital stays and buried my new puppy. Yeah, I can do hard things and it explains why my garden has weeds the size of trees!

Time to reflect is invaluable if you have goals you want to reach. Find a quiet time, soon, to check the direction you’re going, and be sure to sit for a while and enjoy how far you’ve come.

By: Terri Anne Flint, Ph.D., L.C.S.W.
Director – Intermountain Healthcare
EAP & Employee Wellness

Are You on the Right Path?

Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.