

Why Wait? Start Working on Your Goals Today

I read a line this morning that stopped me in my tracks:

“The best way to hit next year’s goals is to not wait until next year to work on them.”

It hit me hard because it’s true. So often, we push things off to some imaginary “perfect time,” thinking January 1st is when the magic begins. But the truth is, the best time to start working on next year’s goals is right now.

I’ve been thinking about my own goals—heart, mind, body, and soul—and what I want 2025 to look like for me, both personally and professionally.

There’s so much power in getting clear on what you want and creating momentum before the new year begins.

Why?

Because the way your brain works can either set you up for success or leave you spinning your wheels in frustration.

Here’s what I’ve learned: waiting for the “perfect moment” rarely works.

Your brain **thrives** on clarity, intention, and action, and the psychology of goal-setting backs this up. That's why, even as we prepare for The Rising Tide course in January, there's important prework to be done. This is how you set yourself up for goals that resonate deeply with every aspect of your life.

Let's dive into how you can make that happen, starting today.

The Science-Based Steps to Start Working on Your Goals Now

1. Get Clear on What Matters Most

Your brain needs clarity to focus. Without a clear vision, you'll default to busy work or distractions.

- How to Do It: Write down your goals for heart (relationships), mind (learning/growth), body (health), and soul (purpose). Be specific. Instead of "get healthier," write, "do strength training twice a week and drink 80 ounces of water daily."

- Why It Works: Studies show that writing down goals increases the likelihood of achieving them by **42%** (Dominican University).

2. Start with Small, Actionable Steps

Big goals can feel overwhelming, which is why starting small is crucial.

- How to Do It: Identify one action you can take today to get closer to your goal. If you want to improve your fitness, commit to a 10-minute walk. Want to strengthen a relationship? Send a thoughtful text or schedule a coffee date.

- Why It Works: The brain rewards small wins with dopamine, the “feel-good” chemical that motivates you to keep going.

3. Visualize Your Future Self

Your brain can't distinguish between what's real and what's vividly imagined. Use this to your advantage by visualizing the version of yourself who has already achieved your goals.

- How to Do It: Close your eyes and picture yourself at the end of 2025. How do you feel? What does your life look like? Engage all your senses—what are you wearing, hearing, or smelling?

- Why It Works: Neuroscience shows that visualization activates the same neural pathways as actual experiences, making your goals feel more attainable.

4. Break Goals Into Quarterly Milestones

Thinking about an entire year can feel overwhelming. Breaking goals into smaller chunks makes them more manageable.

- How to Do It: Decide what you want to achieve in the first 90 days of 2025. For example, if your goal is to read 12 books in a year, set a Q1 goal of reading 3 books.

- Why It Works: Quarterly milestones create urgency and allow for regular progress checks, which keeps you on track.

5. Use the Power of Accountability

Accountability significantly increases your chances of success.

- How to Do It: Share your goals with a friend, join a group, or use a course like The Rising Tide to keep you accountable.

- Why It Works: Research from the American Society of Training and Development found that ***people are 65% more likely to achieve a goal if they commit to someone, and 95% more likely with regular check-ins.***

6. Embrace Pework and Reflection

Before you jump into goal-setting, take time to reflect on what's worked (or hasn't) in the past.

- How to Do It: Ask yourself:

- What were my biggest wins this year?
- What challenges did I face, and how did I handle them?
- What do I want to do differently in 2025?

- Why It Works: Reflection helps you identify patterns and adjust your approach to align with what truly matters.

Final Thoughts

The most effective way to achieve your goals next year is to start aligning your actions and intentions today. Don't wait for January 1st to roll around. Start small, build momentum, and take the time to prepare yourself mentally, emotionally, and practically.

Let's make 2025 your most impactful year yet—starting now.

And one last thing....

What's one small step you can take today to begin working toward your 2025 goals? Write it down, commit to it, and watch as the momentum builds. If you're ready to dive deeper, watch your email so you can join us for The Rising Tide course in January—it's the perfect next step.