

Dave's New Year's Goals

When many think about New Year's resolutions, they think of a single act they could achieve to improve their life. Dave Hollis prefers to attack his New Year's goals from a more holistic perspective. What does this look like? Dave separates his life into 5 buckets: relational, physical, mental, emotional, and spiritual. He then sets 3 goals for each of the buckets. Dave says, "Many of my goals are about how I want to engineer the best version of myself to show up well for all aspects of my life." Use his goals to help shape your own for 2021 and fill in your own map at the end of this worksheet.



DEEP DIVE ON DAVE'S GOALS

Physical Health

Eat what fuels my body

I will understand what foods give me the energy for the day I want to have, while staying away from things that don't suit me. That for me includes more greens, lots of protein, fewer carbs, and no booze.

Move my body, change my mind

I will get out and move every single day, for at least 30 minutes, but usually for at least an hour, and do so because of the way that road work has been a fantastic combination of therapy and church.

Set aggressive targets (finish an Ironman)

I need things to work toward that were beyond my previous physical thresholds to show myself that even in a hard season, I can do hard things.

Dave's Goal-Setting Question: What do I need in this season to control how I show up today in a way that helps me get closer to who I want to become?

DEEP DIVE ON DAVE'S GOALS

Mental Health

Get professional help

I will continue meeting with a therapist virtually at least once a week for the next six months.

Align my work with my purpose and impact

I'm crafting a vision for my future through a framework that considers what I stand for, who I'm trying to become, and the tools I can create to exploit my gifts for maximum impact.

Give myself grace

As we collectively experience the grieving of what was for what is and will be, we have to find ways to appreciate that part of the reason routine is important is to keep us ready for the hard days, not the good ones.

Dave's Goal-Setting Question: What do I need in this season to control how I show up today in a way that helps me get closer to who I want to become?

DEEP DIVE ON DAVE'S GOALS

Emotional Health

Read books to help me process my feelings

I read a little every night. I'll be investing time and energy in reading books that might help me through my grief and the pain that comes in a transitioning family.

Find peace through meditation

For the first time in my life, I'll be meditating to help bring myself back to neutral when things start to spin.

Focus on all the good in my life

When things feel hard, it can be so easy for our focus to be trained on the hard so it takes intentionality and commitment to looking for the good, writing it down, being on the hunt for it all day.

Dave's Goal-Setting Question: What do I need in this season to control how I show up today in a way that helps me get closer to who I want to become?

DEEP DIVE ON DAVE'S GOALS

Spiritual Health

Seek diverse points of view

Diverse points of view will broaden my understanding and appreciation of God, the universe, nature, energy, and how all are interconnected in this experience of life.

Lean into a faith- based community

This looks like runs with my pastor, coffee with a friend from church, conversations about life and perspective over barbecue out back.

Connect to a higher power every day

Starting and ending my day pouring into my spiritual health will be an important way to sandwich the day to keep me grounded when things start feeling overwhelming.

Dave's Goal-Setting Question: What do I need in this season to control how I show up today in a way that helps me get closer to who I want to become?

DEEP DIVE ON DAVE'S GOALS

Relational Health

Create opportunities to connect

It's more important now than ever to be proactive and intentional in how I find ways to spend time with others, even virtually, over the phone, or in regular text.

Lean into my family, even as it changes

This looks like signing up to be Sawyer's baseball coach, building a dirt track out back for some four wheelers, and also working with Rachel on creating consistency in what are now two houses for our kids.

Establish boundaries with negative people

Part of my routine will be to regularly audit how the things I consume and the people I interact with inside of my relationships make me feel.

Dave's Goal-Setting Question: What do I need in this season to control how I show up today in a way that helps me get closer to who I want to become?

This is my year...

This year, I will set my goals knowing that everything might not go my way. Conditions will not always support the pursuit of my goals, but I **will overcome**. The world doesn't owe me a clear path to success, but I **will overcome**. My mind will trick me into giving up when things get hard, but I **will overcome**. This year, I am stronger than last year because I've seen what it's like to stagnate, and I'm erring on the side of growth, possibility, and change.



This is my year...

This year, I will set my goals knowing that everything might not go my way. Conditions will not always support the pursuit of my goals, but I **will overcome**. The world doesn't owe me a clear path to success, but I **will overcome**. My mind will trick me into giving up when things get hard, but I **will overcome**. This year, I am stronger than last year because I've seen what it's like to stagnate, and I'm erring on the side of growth, possibility, and change.

