

# TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

"MAKING 2022 YOUR BEST  
YEAR YET"

January 2022

KUHLEFIT  
RENEW YOUR VITALITY



# THE SEASON OF GOAL SETTING

and new year resolutions is upon us as we speak. This time of year gets many of us thrilled and excited to have a clean slate, start over, or create new goals for the next 12 months to come. The major trouble with this time of the year is that the vast majority of individuals set themselves up for failure and abandon their New Year's resolutions within a few short weeks.

We're going to take a different approach to goal setting and create the change we wish to see within ourselves in a better way than what the typical individual does. So, get excited to create some change and have the tools to stick with it!



# RESOLUTIONS

When choosing a resolution, dream, goal or new mission for the upcoming year, the major source of failure is that we aim too high. There's entirely too much change that needs to occur in a short period of time that it's almost impossible to stick with the plan moving forward. What I'd like you to do is to take 5 minutes and identify 3 key areas you'd like to make a change in for this upcoming year. This could be financially, personally, health related, food related, job related, physically, mentally, etc.

**Top Goal 1:**

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**Top Goal 2:**

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**Top Goal 3:**

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# NORTH STAR

Beautiful! We have our “North Star” so to speak. We know the direction we need to go—which is absolutely vital because this allows us to make decisions around these goals or resolutions. “Will this (insert event or activity) bring me closer to my goal or resolution or not?”, is the simplest question you can ask yourself when presented with any situation. If the answer is “Yes,” by all means, enjoy the event or activity. If the answer is “No,” see how you can change aspects of the event or activity to make it goal-affirmative. If it’s impossible to do so, then see if the event or activity is worth doing at all. Your “yes” has no value without a “no.” Don’t be afraid to say “No,” ever!

Next step to staying the course is to create action steps that’ll help move you closer to your dream. For example, if your goal is to start eating healthier, perhaps the first step is to reduce the amount of soda you drink from 4 cans down to 2 cans per day. Once that is completed you can move closer by reducing down to 1 can. This can easily be done by creating a mind map—a simple flow chart that allows you to actually see the steps you need to take to get to your New Year's resolution. An example is presented below.



# MIND MAPPING

How to create your mind map: Grab a blank sheet of computer paper and start in the middle with a circle and write your major goal/resolution. From there you'll create "arms" that come off in any direction with as many smaller steps as needed to finally reach your end goal. These arms are all the simpler steps that are needed for you to achieve the bigger, overarching goal. This not only provides you with a visual of where you are at but also where you are going. I highly recommend posting your created version on the fridge or somewhere you will look at it every day.



# STICKING TO THE PLAN

Now take 15-30 minutes and go create your mind map for your top goals. You may have a different mind map for each goal or all of your goals may stem from one mind map. There is no right/wrong way to complete this activity. Feel free to use pictures to help you internalize what your goal/resolution will taste, look, feel, mean, or even smell like when you've accomplished all of the smaller steps along the way.

In my opinion, here's the kicker. You more than likely won't stick to your goals 100% which is perfectly fine. Can you stick to moving forward towards your goals at a 90% accuracy rate? Meaning maybe your smaller goal is to cut down to 1 pop per day, but it didn't happen one day. That's fine, understand that we are looking at 90% commitment - which means the following days you'll be back on track and that one "slip up" was beautiful and provided you the motivation to continue being consistent and getting back on track. This will allow you to stay the course and not get upset, feel defeated or mad at yourself when you take a step backwards.

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