Welcome back to another episode of Wellness Rebranded, today we are talking about how goals can get in the way and what we should do instead. Yeah, so this episode is probably going to be coming out in the beginning of the year. So I was thinking about how we think about the New Year, we think about goals, new year's resolutions, even if we don't use that word, we like mean the same thing. Totally. And goals can be really helpful. Tara, I know that you plan on telling us a little bit about goals in next week's episode. Yep. So we're really excited about that. And I thought today I might talk about how sometimes they can get in the way but, and what Stephen said, there's kind of this messaging that happens in society where it's like, in order to have happiness, we need to like achieve a goal, we need to achieve goals to get to what we want. And that's what will make us happy.

So it's like, Okay, I'm going to do this, and I'm going to work really hard for this. And then I'm going to get there and then I feel really great. And that does happen. Right? Have you guys had that work toward a goal? Yeah, yeah. All the time. Yeah. It's also like a great example of hustle culture. I was thinking about you, Tara, when I was thinking about what we're going to talk about today, I was thinking about human hustle culture, because we get this like, “alright, goal goal goal! i'm gonna get there! Gonna get there! Alright, I met it! Woo! Made it! Okay, what's next?” Yeah, that's so me, all the time. Yeah.

Can you tell me a little bit about hustle culture, I know we will probably do several episodes on hustle culture, but talk to me about it. So to me, hustle culture feels like the never ending battle to always be doing more. And where I think it's really hindering us. It makes it so that we can't relax. A good example of this for me is when I go on vacation, if it's like a week long vacation, it takes me like three days to like, Finally, like wind down and enjoy. Like, ah, I'm here at the beach. Yay. And then as soon as I get there, I'm kind of like, Oh my god. Okay, so we're here, we have to take advantage of all the time we have. Let's get ready. And we're going to snorkel tomorrow. And we're going to scuba dive on Wednesday. And then we're going to go to this restaurant tonight. And we have to make sure that we have time at the beach because I totally want to lay there and relax and do nothing. And then by the time I do all those things, it's like, holy smokes, we only have like two days left. So quick. We have to do it. And like let me give us your back and read. You know, this is like soap Panicky feeling all the time? Yeah, wake up and the vacation is over. Totally. And I feel like vacation.

I keep saying, but I feel like if we could stop that hustle culture, then we would be more present and it wouldn't be so aggressively busy all the time. Yeah, actually, one of the main drawbacks I think when we become really goal oriented, is that it pulls us away from the present moment. And that is exactly what you're describing. When you're talking about all the goals you have for your vacation, all the things you're going to do for your vacation. Totally. Yeah. They're all good things. Yeah, they're just, it's so aggressive in the future that we can't focus on where we are now. Absolutely. Yes. I also find that they are very outcome oriented.

And have you ever heard of the book atomic habits? Yeah, she was Claire. Love it. It is a book that I highly recommend. I don't always fully embrace a self help book with like, 100% support. But in this one, I'm like, Heck, yeah! There are some like, in some of the examples, it's a little bit diet cultury? Sure, yeah. Yes. It's like what's not, though? Exactly, exactly. But the messaging is really good. And there's this one line that he has in there that I think is a little harsher than how I would say it, but I love it. And it's “winners and losers, losers have the same goals”. And that… Yikes! I know.

It is quite harsher than I would say it, but it's also kind of true, right? Like, the goal doesn't really dictate whether or not something happens. And it's always very outcome oriented. So it's like this thing that's going to happen. And in reality, we don't have control over all the variables, we don't actually have control over whether the outcome will happen. We can do things to make it more likely where we can actually make it happen. Very much like when we focus on weight loss. Exactly.

It's an outcome goal that is not really within our control. Yes, definitely! A huge part of it isn't. Ya! I know, there's so much fit that's not in our control. So yeah, it becomes very outcome oriented. So rather than throwing goals out the window, because I don't want to do that, goals are helpful. My idea is to kind of hold them a little lighter. Goals can be really helpful in giving us specific steps to take toward things that we want in our life, but focusing more on the process. So focusing more on this present moment and how we want to show up in this moment, like on your vacation. And it's interesting too, because I like to think about, especially as we're in the new year, and we're thinking about what we want for our life, what we want for us this next year ahead of us, I like to kind of take inventory in these different areas of our life. I do this with basically all of my clients, I do this with myself regularly. It's an ongoing kind of process of checking in and reflecting on the things that are important.

But kind of going through different areas like parenting, personal growth, leisure, spirituality, health, career, community and environment, family relationships, intimate relationships, social relationships, looking at all these different areas and thinking about like “What's important to me?” and so when you're talking about vacation, that sounds like the leisure part of your life and family relationships part of your life. I actually love that because I think it is important to check in and all those areas, like on a regular basis, it's so common for us to think about what our goals are in January, and then not even remember what they are until the next January, where we look back and we go “Oh, I didn't accomplish anything this year.”

Yeah, you know, or how I did one of the 12 that I said, I also like the way you framed it of checking in selecting, agreed, yeah, it sounds so much more helpful, frankly. And it's ongoing, too, right. It's not like a goal is something that we work toward, and we achieve. And then once we've met it, we've met it. I'm thinking of like the difference between to train for a marathon versus running. Maybe you're training for a marathon, but it's like in the service of something more that's important to you. Yeah, like you just enjoy running. So you do that? Yeah, I know. Like, or for me, Elizabeth, you asked me in our work together, you'd ask me like, “What are my values around movement?”

And I have a lot of values around movement, like I really love just kind of fully appreciating my mobility that I have. And like the built, like the capability of a human body is just freaking amazing. So like, feeling fully connected to my body in that way. And so many other things like I love being outdoors, I love being in nature and appreciating these things. I remember adventure was one of adventure, sharing your body, which I totally resonated with, stuck in my mind. Yes, I do, too! Definitely! And if I'm connecting values to these things that are important to me, I'm more likely to continue to do this thing. Every day, I'm making these small steps toward this overall picture that I want for my life and not this like thing that I've met, and I've gotten there.

Yeah, I love that. It's a conversation that I have a lot with clients. Also is, just think about the difference between dieting and eating or moving or living for how you want to care for your body. Right? Yeah. And a big breakthrough that a lot of clients will often have, as we have the conversations, are, when they were focused on weight loss, it's a specific outcome, you're just trying to eat a certain way and move a certain way to achieve a specific outcome and tooth cut things comes to mind. And then what, right? But then also, was that eating and moving? And those things that you were doing? In what way? Are they connected to your values, and if they're not connected to your values for how you want to nourish your body, how you want to move your body, how you want to show up in and for your body, then they go away? Right? At some point when you either do or don't meet that outcome goal.

Yeah, then you're kind of left with that out, right. Yeah. And so often people will realize, you know, what, I never actually thought about what my values were for how I want to nourish my body, I have no idea what my values are around movement, I just was following the rules to meet that goal. I think that so many people too, for example, with the weight loss, get it in their head that when they get to that goal, things are going to be different. Like they're going to be a different person or, you know, the world will treat them a different way. Or they'll be, whatever. And it's not that way, right here. No, we're like the same. What's that quote? I forget who said it, but wherever you go, there you are. Right. I love that. I love it.

And as you guys wrote, we're both talking to our thinking about the fact that in so many areas of our life, and you see this a lot in diet culture, but in all those 10 categories that I just listed out, we see like, almost we think we need to meet a goal in order to do something like “Okay, I want to lose 10 pounds so that I can go hike.” Right, right. I get that all the time. Yeah. And we see it in so many other parts of our life, right, like in order to decorate for Christmas I need to clean the entire house first, but like maybe, you could decorate for Christmas and then clean later. Yeah! Are not clean. If you're me.

Not clean at all. Yeah, and I got some for you. But we often kind of get like caught up in like rules. So arbitrary. Yeah, like versus we had to do that. Yeah. And we don't even realize that we're following them not enough. Yeah, I think that's helpful to like as if you do go through like those different categories of

your life and kind of check in on what's important to me. Also check in to see if there are rules that you're following that maybe you don't need to be following these rules or like creating these goals in order to do something. You can do that thing. You can just do it now. Yeah, now. So do you have a specific set of questions that you encourage people to reflect on? When as you're going through that process? Man, there, well, I have a million different versions of this. One that I like to do sometimes is kind of thinking about. So if we were to imagine maybe it's like, five years from now, or you know, New Year's resolution will say one year from now. So we are December 31, 2023. And you are being presented with an award for the way you have lived your life this year, every single day, you have done something to just really do something that's true to the things that you care about. And different people in your life are being interviewed about the way you've been showing up in these different areas.

What would you want them to say about the kind of parent you've been? About, yikes? What would you want them to say is the thing, right? Like, if you had to choose, what would you want them to say about how you showed up? And the same for all those other areas too? Like what would you want the people in your life to say about how you have treated your relationship to yourself and your own personal growth and leisure, your spirituality, your health, your community environment go with them all again. But I love that you're framing this in what would you want other people to, like have observed about you or say about you, because that feels so much more kind than, how do I want myself to be? Yeah, you know, I feel like other people would never say, Well, I want you to stop being a lazy turd, or whatever. Like, I would never say that to you. Hopefully! If they do don't hang out with those people.

But like, people are much kinder to others, right? Like your friends would never say nasty stuff. But they might say, “Oh, you were so ambitious this year. I can't believe how well you did at whatever thing.” So putting it on someone else makes it much more accurate. I feel like yeah, it helps us like, externalize that voice sometimes that, you know, shout out to our perfectionism episode. That can be a little bit mean to us sometimes. Absolutely. It's interesting, because to me, it makes me think I agree with that. But it also makes me think, “Wow, I've really gotta live that if other people are gonna notice!”

It does put a little pressure on. Yeah, if I really want people to notice this, if I want to be remembered for these things. Yeah, what would I need to do? And I think the cool thing about this and like, one thing that I like that happens when we focus more on the things that are important to us, is we most **certainly** don't need those goals, because we do the things anyway, right? Like, I'm working toward the same thing, I might have that same outcome. But I maybe don't need the goal. Again, goals are really helpful in breaking down the actual steps, but it's kind of cool to look at it that way. Yeah.

So the main things I want for all of us to do for us our listeners, is to take a moment to like really reflect on these different areas of our life, what is truly important to us, are there rules that we're following that maybe we don't need to follow and see if when we're setting these goals that they really fit with the kind of person we want to be in these different areas and see if we can hold those goals lightly and focus

mostly on the process of showing up and living our life. I love that you hang on to the goals lightly and your values tightly wound if you get stuck. Yeah, I like that phrase. It's a new catchphrase. Awesome.

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