



You Are Not A Frog Podsheet

Episode 210: Why setting goals alone won't help

Quick Dip with Dr Rachel Morris

Date

Total CPD hours

EPISODE SUMMARY

We often set goals in the belief they'll make us happier. However setting goals alone might not be enough to truly help us to thrive. In this quick dip, Rachel discusses why that's the case, and offers a different approach to finding satisfaction and success.

It all begins with a shift in focus from goals to desires. Instead of starting with specific goals, we should first identify what we truly desire and what our basic needs are. This helps us align our actions and routines with what truly matters to us.

Life's too short to not love what you do, and vice versa. So it's time to look at our own desires and needs, ask "What truly matters to me?", and determine whether they're aligned. Doing this will move you closer to a more fulfilling and satisfying life.



IN THIS EPISODE, YOU'LL:

- Stop starting with goals and focus on your desires and needs
- Learn about the four elements of your North Star and how they can guide you
- Understand the problem with outcome-based goals and why process goals are more effective

WATCH

[Watch the video version on YouTube](#)

Episode 210 - Why setting goals alone won't help

LISTEN

[Finding Your North Star](#)

Episode 208

[Life's Too Short NOT to Love What You Do](#)

Episode 209

READ

[Atomic Habits](#) by James Clear



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?





ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Join the [Shapes Collective FB group](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)