



**Mandurah**  
Psychological Services



**Bunbury**  
Psychological Services

Your EAP Team



**Julie-Anne Davies**  
Managing Director and Senior Psychologist

Happy New Year from all staff at Mandurah and Bunbury Psychological Services. We hope the end of year period was a time for relaxation, and rejuvenation, and wish you a happy and fulfilling start to your new year.

This month I would like to discuss some simple tips to stay realistic in our goal setting for the year. The New Year can be a great time for many to reorganise, reset, and restart by setting new goals or resolutions. Sometimes our goals or resolutions can be unrealistic, too vague, or not relevant to us, which can put unnecessary pressure on ourselves at an already busy time of the year. Sometimes we can get caught up in perfectionism, which can lead to anxiety and stress over tasks and goals. Read ahead to gain a better understanding of realistic and unrealistic resolutions, and how to best set effective goals for your future.

If you believe you are struggling with your mental health or wellbeing, please consult with your GP or contact us here at Mandurah & Bunbury Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

## The Trap of Perfectionism

Perfectionism is often mistaken for 'being perfect' or 'doing something perfectly'. Many people assume that it must be a good thing. Other people think of being a perfectionist as being something negative and embarrassing. So, is it a good or a bad thing?

Perfectionism involves putting pressure on ourselves to meet high standards or goals which then powerfully influence the way we think and feel about ourselves. By setting appropriate goals and standards for yourself, you are making it more likely that you'll achieve these goals and experience a sense of fulfilment, rather than feeling frustrated and blaming yourself all the time for not getting things 'perfect'.

We would agree that it is generally a good idea to have high standards, but when these goals are unachievable it can make it very difficult to feel good about yourself.

Perfectionism can be defined as:

1. The relentless striving for extremely high standards that are personally demanding.
2. Judging your self-worth based largely on your ability to strive for and achieve such unrelenting standards & goals.
3. Experiencing negative consequences of setting such demanding standards and goals yet continuing to go for them despite the huge cost to you. This is when perfectionism can be a problem.

Setting balanced and healthy goals for yourself may work to lessen the negative impact perfectionism can have on your life. Read on for some information about to get SMART about goal setting.

## Get SMART about Goal Setting

**SMART** goals are established using a specific set of criteria that ensures your goals are attainable. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.

1. **Specific:** Your goal should be clear and specific. When drafting your goal, try to answer the five "W" questions:

- What do I want to accomplish?
- Why is this goal important?
- Who is involved?
- Where is it located?
- Which resources or limits are involved?

2. **Measurable:** It's important to have measurable goals. measuring progress can help you to stay focused and meet your deadlines.

- How much?
- How many?
- How will I know when it is accomplished?

3. **Achievable:** Your goal also needs to be realistic and attainable to be successful.

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints, such as financial factors?

4. **Relevant:** This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals.

- Does this seem worthwhile?
- Is this the right time?
- Does this match our other efforts/needs?
- Am I the right person to reach this goal?
- Is it applicable in the current socio-economic environment?

5. **Time-bound:** Every goal needs a target date, so that you have a deadline to focus on and something to work toward.

- When?
- What can I do six months from now?
- What can I do six weeks from now?
- What can I do today?



**Tel: 1300 22 4636**  
**www.beyondblue.org.au**



**Tel: 13 11 14**  
**www.lifeline.org.au**



Phone: 0417 968 569

Fax: 9535 1682

E: reception@mandurahpsychology.com.au

Address: 22 Tuckey Street, Mandurah, 6210



Phone: 0447 713 200

Fax: 9787 9474

E: bpsadmin@bunburypsychologist.com.au

Address: 3/27 Bonnefoi Blvd., Bunbury, 6230