



**SAFE HARBOR  
COUNSELING**

**Dr. Beth  
Speaks**



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**WSPY, Your Life Matters, Be SMART with Change**

Mike Williams      Good morning! Welcome in. It's time for **Your Life Matters** with **Clinical Social Worker, Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.

Mike Williams      Dr. Placketka, how are we today?

Dr. Beth Placketka      Really good, Mike! Good to see you!

Mike Williams      Same here! Happy New Year to you!

Dr. Beth Placketka      Same to you, Yes!

Mike Williams      It has been a fast moving back end of the year as we've had to the segment on now for several months and it is hard to believe the time has flown like it has. Hopefully our listeners were with us last week on Christmas Eve, and we were talking about the topic of changing things in your life. Maybe it's a small change, a big change, what have you but this time of year especially, we see a lot of people that kind of get in that mindset of turning the calendar, turning over some new pages in their lives to make some changes, and we're here to kind of go over some of the things that might be obstacles for that. Because it's not easy sometimes to make changes.

Dr. Beth Placketka Absolutely! It is difficult to make changes, and last week we talked about what goes on in the brain that makes it a little bit difficult, and I say little bit kind of, it makes a lot difficult to make the changes. So because we know that brain is designed for efficiency and survival, it's going to use those tactics, and I invite any listeners who might want to hear it again or who have missed it, to check out the website, [www.safeharboril.com](http://www.safeharboril.com) and listen to the broadcast. So what we know though is that our brain is always working and our bodies are always working to keep things the same, but it is possible to make changes. The first thing we want to do is be smart about it because if we're smart we can have a little success and success breeds success. If you're on a diet the first two pounds are sometimes the hardest and then once you have some success you think, I'm gonna keep doing that. So there's some really excellent techniques that we could talk about.

Mike Williams Ok. And SMART is like an acronym.

Dr. Beth Placketka Absolutely! Thank you! SMART stands for the **S** stands for **specific**, **M** stands for **measurable**, **A** stands for **attainable**, **R** - **relevant** and **T** – **timely**. So let me give you an example if we are going to be **specific**, I don't want to just say I'm gonna lose weight this year, I'd like to lose 10 pounds. OK it's specific, and it's got the measure, something you can actually see and check on and notice the progress, **attainable** 10 pounds you can do, a 100 that's a big goal.

Mike Williams Be realistic.

Dr. Beth Placketka Right. **Relevant** – is it something and that is good for you, and then **timely** - within a certain amount of time so that means that maybe you are going to check your weight every week or whatever, and I can give you some examples if that would be helpful.

Mike Williams Sure.

- Dr. Beth Placketka So a **Smart** goal, physically went the you know an example would be I will run on the treadmill at 3 miles an hour for half an hour on Mondays, Wednesdays, and Fridays for the next 3 months. If you want to do something **Mental** - that you can change the way you think, I will spend 10 minutes each day in quiet reflection, meditation, or prayer.  
**Emotional** - I will take 3 deep calming breaths before responding when I'm upset. It's part of changing something in your relationships. That my partner and I will spend time alone together for at least 2 hours each week. **Professional** - I will read a professional magazine or book for one hour each week and for **Fun and Recreation** - I will do something for 30 to 60 minutes with friends or alone that strictly for fun. Do you kind of see the pattern?
- Mike Williams The thing you want to do is you want to set a target that you can see, that you can realistically get to like a finish line of some kind not just a vague thing. You want an actual target that you can see and obtain and have a goal for yourself.
- Dr. Beth Placketka Exactly! And you want to be able to put it in your calendar. This is the time that I am going to read my book. I so admired one of my now retired physicians but he used to schedule like 45 minutes around his lunch hour to read professional magazines, and he got it done.
- Mike Williams And if you plot that out and you have to be disciplined of course to keep up with it but that's gonna help you attain these goals if you can make a chart or make some kind of plan of action that you can you can follow. You can see it in writing, and you can remember to do it first of all and maybe have a better chance to do it.
- Dr. Beth Placketka And the nice thing about this is just like last week when we were talking about those brain pathways, this is developing new pathways and pretty soon if you regularly running on the treadmill, pretty soon it is going to feel strange if you're not. And that because the healthy habit that you have instituted and that is something you can do for a long time.
- Mike Williams Make the new routine. Get past those first couple of early stages where you are making the change and getting the brain to adapt to it but then it's easier and easier each day you go.
- Dr. Beth Placketka Right! Success breeds success and our brain likes it!
- Mike Williams Alright! Any final thoughts on today's show?

Dr. Beth Placketka I encourage people to look at the website. To get some ideas on some books about how your brain works, making changes and suggestions for good motivational techniques

Mike Williams Alright! Happy New Year to you! We'll see you in 2019. One more day!

Dr. Beth Placketka Oh! It is coming!

Mike Williams Well, thank you for joining us listeners and **Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**. It is our weekly feature, **Your Life Matters**. Make sure you join us again next time and don't forget to go online where you can submit your questions at [safeharboril.com](http://safeharboril.com). Happy New Year and we'll see you at the same time slot, next Monday morning.

