

Goal Setting for Healthy Change

Why is it so hard to make changes towards a healthier lifestyle?

- Most of us have a sense of what we'd like to change in our lives, but no clearly laid out plans about how to accomplish these goals.
- Remembering previous experiences of failure makes us less likely to try again.
- Lack of faith that we can actually affect the change that we want makes us less willing to try.
- We set goals based on what we think we should be changing, not what we actually want to change; if it isn't truly important to us, we won't succeed.
- Because life gets in the way and there isn't enough time to do what we said we needed to do!

Goal setting tips:

- Use a log book or journal; putting your goals on paper makes them real.
- Keep it visible; post your goals on your fridge or somewhere else that you will be reminded.
- Set short term (e.g. one week to one month) and long term (e.g. one to six months) goals, review them often, and modify as needed.
- Make a back-up plan when you set your goals, so that you don't give yourself a chance to fail. (e.g. If you know you won't walk outside in bad weather, plan to walk on a treadmill on rainy days.)

Set S.M.A.R.T goals:

- S – specific** (exactly what do you want to accomplish)
M – measurable (e.g. minutes, frequency, distance)
A – action-based (what are you going to DO?)
R – realistic (if your confidence that you can meet this goal is less than 7/10, set a new goal!)
T – timely (when do you expect to meet your goal? Over a week? A month?)



Make an Action Plan:

1. My goal (the change I want to make) is:

2. The steps I will take are (describe so that someone else could understand):

Where _____

What _____

When _____

How much _____

How often _____

3. Barriers (what might get in the way of my plan?):

4. Plans to overcome barriers (how can you handle these barriers when they arise?):

5. Importance (how important is this plan to you, on a 1-10 scale?): _____

6. Confidence (how confident are you that you can complete the whole plan, on a 1-10 scale?): _____

7. Support and follow-up (who are you going to talk to about your plan and when are you going to follow up with them to check your progress? Set a date before you start!):

8. Suggestions:
