

Goal Setting



Goal setting activities

Whether you think you can, or think you can't, you're right.

- Many people find it difficult to make changes in diet and exercise as they are not specific about how they plan to achieve these changes.
- Setting goals and making small changes in diet and exercise have been shown to lead to long term healthy lifestyle habits.
- Setting goals that are meaningful and achievable are more likely to lead to success.
- Achieving your health goals may be challenging at times, but making a plan of action and keeping track of where you are at can make it easier for you to make the changes needed to reach your goals.

Think about these key questions and write down your thoughts in the space provided.

Why are you here?

What do you want to get out of this program?

Why is it important to you?

Goal Setting following SMARTER

SPECIFIC & SIMPLE

MEASURABLE & MEANINGFUL

ACHIEVABLE & ATTAINABLE

RESULTS-ORIENTATED & RELEVANT

TIMELY & TRACKABLE

EVALUATE & EXCITABLE

RE-E ALUATE & REASSESS

Other aspects to keep in mind:

- ✓ Write them down
- ✓ Don't set too many
- ✓ Assign a due date
- ✓ Action plan for each goal

Write down your goals

Start with what you want to achieve long-term and then work back to develop the smaller steps that will lead to achieving your long-term goals. You might only have a couple of long-term term goals with several medium and short-term goals leading to each one.

Long term goals (1- 2 years)				
Medium term goals (3-6 months)				
Short term goals (daily-weekly)				

What is my action plan for this week? (How am I going to achieve my short-term goals?)

Task

It is really important for successful goal setting to have your goals somewhere that you can see them and way you can own what you are trying to achieve. Write or illustrate your goals in some way that makes them yours and you will constantly be reminded of them. Consider using technology, calendars or other reminders that you already use a lot, stick with ideas that you know work for you.