

GOAL SETTING



Changing habits that have been with us for a lifetime can be daunting. Start small, and choose a focused goal. Follow these four steps to make goals that stick around and become habits.

MAKE IT S.M.A.R.T

S
SPECIFIC

Have a well-defined goal in mind. For example: “*drink half as many soft drinks*” is more specific than “*eat better*”.

M
MEASURABLE

If you can count it, you will know when you have achieved it. For example, “*Eat takeaway only once per week*” is measurable, but “*eat less takeaway foods*” isn’t.

A
ACHIEVABLE

Be realistic about what you can do. It’s more motivating to set small goals and build on these rather than setting a goal that is too far out of reach.

R
RELEVANT

Will this goal make you healthier and happier? Does it fit in with your lifestyle and the things that are important to you?

T
TIMELY

Put a date on your goal. For example, “*At the start of July begin a running program. Be able to run 3km without stopping by the end of August*”.

THINK ABOUT THE PROS AND CONS

List the good and bad things about not making a change versus the benefits of working on your goal. This is the time to decide if this is the right goal for you!

Example: *Go for a 30 minute walk each morning.*

	POSITIVES	NEGATIVES
Don't start a new walking routine	<ul style="list-style-type: none"> ▲ Get to sleep-in in the morning ▲ Don't have to make any effort 	<ul style="list-style-type: none"> ▲ Won't get fitter ▲ Don't get “me” time
Start walking for 30 minutes each morning	<ul style="list-style-type: none"> ▲ Have more energy for my kids ▲ Start the day with a podcast 	<ul style="list-style-type: none"> ▲ It's cold in the morning ▲ Might get less sleep



SET YOURSELF UP FOR SUCCESS

What do you need to do to achieve your goal?

Make a list and cross them off as you go! For example, if your goal is to eat vegies and dip for your 3pm snack, make sure you buy the vegies, chop them up and take them with you.

Remember to remind yourself

Especially when you're getting started, it takes effort! Try calendar reminders, sticky notes on the mirror, or putting your keys with the stuff you need to remember.

"Habit stacking" is another strategy to try. It's basically adding the new habit to an old one, to help it become automatic. For example, do your stretches after brushing your teeth, or prepare your vegie snacks at the same time as dinner prep.

Think about barriers

What might stop you from achieving your goal? Develop a concrete plan for getting around the barriers BEFORE they come up.

For example, if the weather will stop you getting out for your walk, have an online workout ready as an "all-weather" back-up.

Share your goal with others

Tell a friend about your goal or see if they want to join you. This can make the process more fun and it keeps you accountable, which will help you stay on track for the long term.



CELEBRATE!

You've done an amazing job!

Reward yourself when you achieve your goals! Whether it's a new outfit or a nice long bath, find a reward that fits your goals and budget.

This can help motivate you to keep up your good work and before you know it, the new thing will be a habit and much easier to maintain.

And if you don't achieve your goals, don't beat yourself up. It's totally normal to have tough days and a winding road to meeting your goals. Learn from your experience and keep at it!



MY S.M.A.R.T GOAL

MY MOTIVATION

DOUBLE CHECKING MY GOAL

	POSITIVES	NEGATIVES
Staying the same	<i>Start here</i> 1.	2.
Making a change	4.	3.

STEPS TO TAKE

- 1.
- 2.
- 3.

POSSIBLE BARRIERS AND SOLUTIONS

I WILL SHARE THIS GOAL WITH:

MY REWARD:

