

# Ready? Set Goals!



## Why should I set goals for myself?

- Research shows that people who set goals are more successful in making changes.
- Setting goals makes change easier by breaking the process down into manageable parts.
- Goal-setting helps you develop the important skill of self-monitoring.

## How do I set goals for myself?

- Think about the “big picture” and determine your long-term goals. These are goals that will take you longer than a month to achieve.
- Now, think about the smaller goals you can accomplish in less than a month (short-term goals) to help you reach your long-term goal.
- Be S.M.A.R.T. about your goal-setting! Every goal should include the following elements:
  - S - Specific
  - M - Measurable
  - A - Action-oriented
  - R - Realistic
  - T - Time bound
- Examples of ineffective goals:
  - “I need to lose 50 pounds.” (not action-oriented or time bound)
  - “I’m going to start working out at the gym.” (not specific, measurable, or time bound)
- Examples of S.M.A.R.T. goals:
  - “Within three months, I will be eating three servings of fruit per day as confirmed by my food diary.”
  - “During the next week, I will walk for 30 minutes on three days.”

## What should I do with my goals?

- Share your goals with others who will support you. When you share your intentions with others this helps keep you accountable and motivated.
- Review your goals weekly. Use this time to reflect on your progress and to determine if you need to make any changes to your goals.
- When you reach a short-term or long-term goal, be sure to tell us! We will track your progress and encourage you to share your success with the group. Sharing your success with others is a powerful motivator.

## Reward yourself!

- Changing behavior is a difficult task. Rewards help us to stay enthusiastic and focused on reaching our goals.
- Try to focus on rewards that are non-food related, but that still bring you enjoyment.
- Be sure to match the size of the reward to the size of your goal.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**My long-term goals (one month or longer)**

1. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision

2. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision

**My short-term goals (one month or less)**

1. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision

2. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision

3. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision

4. \_\_\_\_\_  
\_\_\_\_\_

Reward \_\_\_\_\_

Goal reached?  Yes  In progress  Needs revision