

Tools for Success · Determine if your goals are realistic · Identify specific, measurable, observable behaviors or criteria you can use to determine if your goals are met · Identify your commitment level and roadblocks · Learn to establish a contract for behavior change within a time frame

## Goals that Make Sense · When it comes to weight management, many people tend to set unrealistically high goals · When we don't achieve these goals, we often give up and deem ourselves "a failure." · Goals based on long term health and wellness vs. looking good for a special occasion tend to be more motivating for long-term weight management

Goal Setting Strategies · Be realistic: Set yourself up to succeed by choosing achievable goals · Be specific: This month I will walk 4 times a week for 30 minutes each time · Establish a reality check: Ask yourself if you would expect a friend to be able to achieve the goal you set. If not, rework the goal to make it achievable · Live in the future: Take a few minutes every day to visualize yourself successfully achieving your goal

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## Goal Setting Strategies · Divide and conquer: Break up a long-term goal into smaller more · Think backwards: Pretend you're in the future; now think backwards and ask yourself what obstacles you encountered and how you overcame them · Anticipate those obstacles you may encounter Develop a plan for overcoming those obstacles.

Goal Setting Strategies · Keep a diary to help you envision and set goals • Be flexible: Periodically evaluate and adjust your goals • Reward yourself: Use non-food rewards linked to carrying out new lifestyle habits you want to reinforce • Stay the course: After lapses, ask yourself; "What did I do well and what will I do differently next time?"

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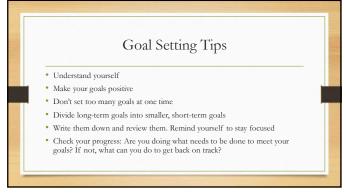
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## Smart Goal Setting Test Specific: Make sure your goal is focused and identify a tangible outcome. Set real numbers. Don't say I want to do this "more." Measurable: Often highlights how much or how many. Can you measure and evaluate your goal. Is it trackable? Attainable: Your goal should be challenging but still reasonable to achieve. Don't try to take over the world in one night. Relevant or Realistic Is your goal aligned with your values and is it a priority to you. Know what are you capable of. Don't forget any hurdles you may have to overcome. Time-bound or Timely: Give yourself a deadline. Don't keep pushing towards a goal you may hit "someday."

SMART Goals Examples

- · I am going to get fit
  - · I am going to follow my new training plan to walk a 5K in 3 months from now
  - I am going to exercise 5 times per week for 30 minutes each time
- I am going to lose 25 pounds
  - · I am going to eat out no more than twice per week
  - · I am going to eat from 10am-7pm each day and fast the rest of the day
  - · I am going to eat 3 servings of vegetables each day

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Goal Setting Tips

 Don't be married to a goal.
 Sometimes circumstances change and we need to course-correct.

 Don't let the goals you achieve be at the expense of other more important things in your life. Your experience may not be as positive if it affects other areas of your life in a negative way

 See the Wellness and behavior change section of your binders
 Pg 107 in SWL manual, pg 59 in MWL manual

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Overcoming Obstacles

Don't use the scale as the only measure of your success

Weight can vary depending on nutrient intake, medications, sodium, strength training

Stay focused on making consistent healthy lifestyle choices, not diets. Over time they will yield the results you desire

Keep a diary of your behavior changes

This can give you important insight/feedback about your progress

Set up support systems

Look for people who appreciate how hard you're working at choosing healthier behaviors

Family, friends, clinic staff, online support groups

Overcoming Obstacles

Not enough time?

What can I prioritize? Can I rearrange or tweak my schedule?

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When I feel I don't have enough, what is the one thing I can do to move in the correct direction?

Manage your urges

Cravings and urges to cat tend to pass in about 30 minutes

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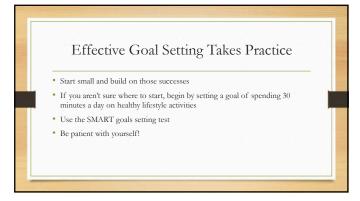
Distract yourself with other activities

Keepa journal to help you identify situations that trigger your desire to cat when you aren't hungry

Pg. 63 in MWL manual, pg. 111 in SWL manual

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